

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT FOR JUST 30 MINUTES 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 ...  
Obrigada!"

### NO. 313p - PORTUGUESE (European)

### from ENGLISH

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Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Berlitz and Lonely Planet phrase books.

Inspired by: Dr. Bob Boland (EI) and Dr. Paola Marchesini (WHO), Charlotte Deysac, Jessica Ferreira, Dr Giles Boland (Harvard) and Dr. Sham Bathija (UNCTAD) Boston University and the Team.

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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!! chatting with EVERY natural speaker we find ... to get practice ... and confidence ... using the Mini Phrasebook ... as a basis for easy interaction ...

Thank you.	Obrigada
Hallo	Ola
Yes/no	Sim/não
Please	Por favor
Excuse me	Com licença
Good morning	Bom dia (day)
My name is ...	Meu nome é ....
What is your name?	Qual é seu nome?
How are you?	Como está?
Fine thanks	Muito bem, obrigado
And you?	E o senhor?
Where do you come from?	Onde (where) é?
Good-bye.	Adeus

etc. etc. ... questions an answers ... with laughter ... so on we go ... together

# 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, a Glossary and a list of the "100 Most Used Words" in conversation and a special ARS.

## 1.2 MEMORY

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

Hello? ... Obrigado? ... say ...  
... hello? ... oh most obliged dad? ... obrigado?

How are you? ... como esta? ... say ...  
... how are you? ... come on Hesta? ... como esta?

Please .. por favor ... say ...  
... please ... do me a favour ... por favor

or check the CRE 33 MemoryAlert program for more techniques to improve your memory.

## 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 conversation with a natural speaker or aloud with yourself.

# INSTANT RELAXATION TECHNIQUE

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

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

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

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A WONDERFUL 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 wonderful 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 ... "LANGUAGE ALERT" - 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 the Portuguese many times slowly ... and then at HIGH speed)

Thank you	Obrigado	OBBRI-GAADDOO
Hello	Ola	OLLAA
Mr.	Senhor	SENNN-YHORR
Mrs.	Senhora	SENNN-YHORR-AA
Yes	Sim	SEE
No	Nao	NOAAA
Good	Bom	BBBMM
Please	Por favor	PORRR FVOORRR
Do you have?	Tem?	TTERMR
Goodbye	Adeus	ADE-CHCH
See you soon!	Vejo você em breve!	VAY-J VOCHAY EMM BREVV
Who?	Qu-em?	KUU-EMMM
What?	Qu-al?	KUU-AALLLL
I want	Quer-oo	KYERRR-ROE
Where?	On-de?	ONNN-DAY
OK!	OK!	OKKK-KAY

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

## 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 - 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 wonderful CONFIDENT accent.  
Do the quiz (1 page). Create conversation with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.

7. Plan to make an APS (see instructions) and 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. **RECOGNISE** that a **TERRIBLE** accent is **PAINFUL** ... for the hearer ... and so strive always for a wonderful 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.



## 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 your 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 ... relaxation ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... its very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relaxation! ... 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 wonderful accent ... yes ... with a wonderful 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 ... as you create new wave patterns ... in that special... "Portuguese Place" ... in your mind ...

<b>2. HERE AND THERE:</b>	
Eu estou aqui.	I am here.
Você está ali.	You are there.
Você está ali?	Are you there?
Sim, você está ali.	Yes, you are there.
Você está aqui?	Are you here?
Não, você não está aqui.	No, you are not here.
Isso (ele) esta aqui.	It is here.
Onde isso(ele) esta?	Where is it(he)?
Isso (Ele) esta aqui.	It(ele) is here.
Isso (Ele) esta ali?	Is it(he) there?
Eu não sei.	I do not know.
Onde esta Miguele?	Where is Miguele?
Ele não esta aqui.	He is not here.
Onde esta ele?	Where is he?
Eu não sei.	I do not know.
O maldito! Aí esta ele.	Darn! There he is!
Ele é maravlioso!	He is wonderful!
<b>3. LIKING:</b>	
Eu gosto de voce.	I like you.
Você gosta de mim?	Do you like me?
Sim, eu gosto de voce.	Yes, I like you.
Você gosta de dinheiro?	Do you like money?
Sim, eu gosto de dinheiro.	Yes, I like the money.

Eu gosto de agua.	I like water.
Você gosta de agua.	You like water.
Eu gosto do alguns livros.	I like some books.
Ele gosta do carro.	He likes the car.
Ela não gosta do carro.	She does not like the car.
Você gosta do jantar?	Do you like the dinner?
Não. eu não gosto do jantar.	No, I do not like the dinner.
O maldito! "Mate" (Mate)!Oh. Darn! "Mate"!	Oh. Darn! "Mate"!
Por favor, não fale "Mate(Mate)"!	Please do not say "Mate"!
<b>4. DOING:</b>	
Eu faço.	I do.
Eu faço isso.	I do this.
Você faz..	You do.
Você faz isso.	You do that
Nos fazemos aquilo.	We do that
E nós estamos contentes.	And we are happy.
É facil?	Is it easy?
Sim, não é dificil.	Yes, it is not difficult.
Você faz aquilo?	Do you do that?
Faça aquilo, por favor!!!	Do that please!!!
Maldito!!!	Darn!!!
Ele (isso) é maravilhoso.	He (It) is wonderful!
<b>5. CAN/ABLE TO DO:</b>	

Eu posso	I can
Eu posso?	Can I?
Sim eu posso.	Yes, I can.
Você pode fazer isso?	Can you do this?
Sim, eu posso fazer aquilo.	Yes, I can do that.
Eu posso comer um pouco.	I can eat a little.
Eu posso beber um pouco.	I can drink a little.
Eu posso ir.	I can go.
Eu posso vir.	I can come.
Eu posso dormir.	I can sleep.
Você pode falar.	You can speak.
Você pode falar?	Can you speak?
Sim, eu posso.	Yes, I can.
Você pode fazer isso?	Can you do this?
Não, eu não posso fazer aquilo.	No, I can not do that.
Você pode compreender?	You can understand?
Você pode compreender?	Can you understand?
Sim, um pouco.	Yes, a little.
Você pode dizer "Mate"?	Can you say "Mate"?
Sim, eu posso falar um pouco de Portugues	Yes, I can speak a little Portuguese!
Maldito! Eu sou maravilhoso!	Darn! I am wonderful!
<b>6. UNDERSTANDING:</b>	
Eu compreendo.	I understand.
Eu não compreendo.	I do not understand.
Você entende.	You understand.
Você não entende.	You do not understand.

Você entende as mulheres?	Do you understand women?
Não. Não. Eu não as compreendo!	No. No. I do not understand them!!!
O. Maldito! Mate!	Oh. Darn! "Mate"!
Por favor, não diga Mate.	Please do not say "Mate"!
Você é maravilhoso!	You are wonderful!
<b>7. WANTING:</b>	
Eu quero.	I want.
Eu quero comer um pouco.	I want to eat a little.
Eu quero beber água.	I want to drink the water.
Eu quero ir a casa de banho!	I want to go to the toilet!!!
Você quer comer um pouco?	Do you want to eat a little?
Não, eu não quero comer.	No, I do not want to eat.
Maldito! Eu queria dar um pouco a você.	Darn! I want to give you a bit.
Não, obrigado.	No, thank you.
Eu queria vir.	I want to come.
Você quer dormir comigo?	Do you want to sleep with me?
Não, eu não quero dormir.	No, I do not want to sleep.
Miguel, quer comer as rãs?	Miguel do you want to eat the frogs?
Maldito! Não agora, obrigado!	Darn! Not just now, thank you!
Nos somos maravilhosos!	We are wonderful!
<b>8. GETTING:</b>	
Da me, o dinheiro, por favor.	Please give me the money.
Toma o dinheiro, por favor.	Please take the money.

Eu pego o dinheiro.	I take the money.
Da me o bilhete, por favor	Please give me the ticket.
Toma o bilhete, por favor.	Please take the ticket.
Eu tomo o bilhete.	I take the ticket.
Da-me a coisa, por favor.	Please give me the thing.
Onde esta a coisa?	Where is the thing?
Eu não sei.	I do not know.
Por favor, da me um homem	Please give me a man!
Maldito!!! Que mulher!!	Darn!!! What a woman!!
Ela e maravilhosa.	She is wonderful!
<b>9. HAVING</b>	
Eu tenho uma coisa	I have one thing.
Eu não tenho uma coisa.	I do not have one thing.
Você tem uma coisa.	You have one thing.
Nos temos uma coisa.	We have one thing.
Ela tem alguma coisa.	She has something.
Eu tenho um pouco de tempo, senhorita!	I have a little time, Miss!
Você tem você um pouco de dinheiro, Senhor?	Do you have a little money, Sir?
Não.	No.
O "Mate"!	Oh. "Mate"!
Por favor, não diga Mate!	Please do not say "Mate"!
<b>10. ORDERING (POLITELEY):</b>	
Da me a coisa, por favor.	Please give me the thing.
Da me o dinheiro, por favor	Please give me the money.
Da me a agua. por favor	Please give me the water.

Obrigado.	Thank you.
Por favor, não bebe agua na França.	Please don't drink the water in France!!
Bebe o vinho.	Drink the wine.
Venham aqui, por favor	Please come here.
Vão ali, por favor	Please go there.
Bebe isso, por favor	Please drink this.
Não coma isso!	Do not eat that!
Da me isso, por favor	Please give me this.
Não tome aquilo, por favor	Please do not take that.
Diga isso, por favor	Please say this.
Por favor, não diga Mate	Please do not say Mate.
Maldito!!! Você é maravilhoso.	Darn it!! You are wonderful!
<b>11. GREETING - POLITE AND SLANG</b>	
Ola, Carmen minha querida!	Hello Carmen my loveley!
Ola Paula .	Helelo Paula.
Bom dia Miche.	Good morning Miche.
Bom dia Sancos.	Good morning, Sancos.
Como vai você, Eliza?	How are you?
Como esta, Eliza?	How is are you, Eliza?
Muito bem, obrigado, Khulu.	I am well, thank you, Khulu.
Que tal, Xavier?	How goes it, Xavier?
Bem, obrigado, Miguele.	OK , thank you Miguele.
Adeus Giles.	Goodbye Giles.
Adeus, Judith.	Goodbye Judith.
Sim, todo bem, Hollie	Yes OK, Hollie.
E maravilhoso.	It is wonderful!
Todo bem, Sam?	OK Sam?

Sim, todo bem, Lucie.	Yes OK, Lucie.
Mais ou menos, Henri.	Not too bad, Henri.
Como vai, querida?	How are you, my darling?
Não!!!	No!!!
Maldito!!! Ela é maravilhoso!	Darn!!! She is wonderful!
<b>12. DESCRIBING:</b>	
É bom,	It is good.
Não é bom.	It is not good.
É mau.	It is bad.
E um livro.	It is a book.
É grande?	Is it big?
Não, é pequeno.	No, it is small.
É fácil?	Is it easy?
Não, é difícil.	No, it is hard.
O agua é boa?	Is the water good?
Não, a agua na França, não e boal!	No, the water is not good in France!!
O Mate!!!	Oh Mate!!!
Por favor, não diga Mate	Please do not say Mate.
Nos somos maravilhosos?	Are we wonderful?
Maldito! Sim!	Darn! Yes!!
<b>13. KNOWING (THINGS &amp; PEOPLE):</b>	
(Eu) sei isso.	I know this
Sabes isso?	Do you know this?
Sim, sei isso.	Yes, I know this.
Sabes aquilo.	You know that.
Sabes aquilo?	Do you know that?



Não, não sei aquilo.	No, I do not know that.
Conheço aquela mulher.	I know that woman.
Conheço aquele homem.	I know the man.
Conhece-me.	He knows me.
Conhece aquela mulher?	Do you know that woman?
Não. Bom dia., Senhora.	No. Good morning Madame?
Todo bem, Senhora?	Are you well, Madame?
Não, não estou bem!! Adeus!!	No, I am not well!!! Goodbye!!!
Não a conhece.	You do not know her!
Maldito! Ela é maravilhosa!	Darn! She is wonderful!
<b>14. NUMBERING:</b>	
Tenho um problema.	I have one problem.
Sim, tens um problema.	Yes, you have a problem.
Não, tens dois (2).	No, you have two (of them).
Ele tem três.	He has three.
Ela tem quatro.	She has four.
Temos cinco (5).	We have five.
Tens cinco?	Do you have five?
Sim, agora tenho cinco problemas!!!	Yes now, I have five problems!!!
Todas os crianças!	All the children!
As crianças são maravilhosas.!	Children are wonderful!
<b>15. ASKING:</b>	
Quanto custa (costs) esse livro?	How much is the book?
Cinco dólares.	Five dollars.
Quanto custa (costs) essa coisa?	How much is this thing?
Quanto?	How much?
Quatro dólares.	Four dollars.

Onde esta?	Where is (it)?
Esta ali.	(It) is there.
Não, não está aí.	No, (it) is not there.
Onde é a casa de banho (sanitário), por favor?	Where is the toilet, please?
O sanitário/casa de banho é ali.	The toilet is over there.
O que é aquilo?	What is that?
Disculpe. O que?	Pardon. What?
Aquilo.	That.
Oh é um bom livro.	Oh, it is a good book.
O que você quer?	What do you want?
Queria o vinho, por favor	I want the wine, please.
Quem esta aqui?	Who is here?
Estamos aqui.	We are here.
Quem é aquela mulher?	Who is that woman?
Não sei.	I do not know.
Maldito! É Madona!	Darn! It is Madonna!
Que mulher! É maravilhosa!	What a woman! She is wonderful!
<b>16. EVERYTHING - COLOQUIAL - POLITE AND SLANG</b>	
Estou aqui.	I am here.
Estais ali.	You are there.
Eu gosto de você.	I like you.
Você gosta de dinheiro	You like the money.
Faça isso.	He does this.
Ela faz aquilo.	She does that.
Posso falar um pouco de Portuguese!	I can speak a little Portuguese!
Não podes falar "Mate"?	You can not say Mate?

Compreendo você.	I understand you.
Não me compreendes.	You do not understand me.
Queria ir ao bar.	I want to go to the bar.
Quer ir ao toilet/casa de banho.	You want to go to the toilet.
Agora, tenho muito tempo, Minheira!	Now, I have a lot of time, Honey!
Mas ... tens muito dinheiro ?	But ... do you have a lot of money, Honey?
Não beba a água na França, por favor!!.	Please don't drink the water in France!!
Beba vinho.	Drink the wine.
Como esta , Eliza?	How are you, Eliza?
Muito bem, obrigado. Khulu.	I am well, thank you, Khulu.
Muito bem, obrigado. Kate.	I am well, thank you, Kate.
É grande?	Is it big?
Não, é pequeno.	No, it is small.
Tu não conheces aquela mulher.	You do not know that woman.
Maldito. Ela é maravilhosa!	Darn! She is wonderful!
Sim agora, tenho cinco problemas!!!	Yes now, I have five problems!!!
Todas as crianças!	All the children!
O que é aquilo?	What is that?
Disculpe. Que?	Pardon. What?
Ali está.	There it is.
Não mal.	Not bad.
Maldito!!!	Darn!
Todo Bem?	OK?
Sim, é "fixe".	Yes, it's cool!
Sim, é fixe!	Yes, it's cool!
Por favor, não diga "Cojurodo"!!	Please don't say "Cojurodo"!!
Pode dizer Cojurodo na Espanha.	You can say Conhjurodo in Spain.
Mas não, na Portugal	But not in Portugal.

Sim, super!!	Yes, it's cool! (upper class)
Não diga "Mate"!!!	And do not say Mate!!!
Maravilhoso?	Wonderful?
Sim ... você ... é ... maravilhoso!	Yes ... you ... are ... wonderful!
Adeus Vejo você em breve!	Bye bye. See you soon!

## 17. CLOSING

Now of all the things ... you 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 Portuguese place ... in you mind ... as needs arise ... without conscious effort ...

Just naturally ... in you 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 you 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 you own way ... you can take whatever time you need ... just to process you thoughts ... in you 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 ... "Portuguese 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 of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... which all began ... 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:

(Write it out by hand with emotion ...)

a. Greetings/ Exclamations:				
hello	good morning	how are you?	I am well	thank you
ola	bom dia	como esta? como vão vocês?	muito bem	obrigado
goodbye	yes	no	OK	not too bad
adeus	sim	não	OK	não tão mau
Darn!	Mate!	there it is!	"cool"!!!	
Maldito!	Mate	esta ali	super/fixe!!	
b. Verbs (and first person):				
to be	have	like	want	can
ser/estar	ter	gostar	querer	poder
eu sou/estou	tenho	gosto	quero	posso
do	say/speak	go	come	give
fazer	dizer/falar	ir	vir	dar
eu faço	digo/falo	vou	venho	dou
take	eat	drink	sleep	know
tomar	comer	beber	dormir	saber/ conhocer
eu tomo	como	bebo	durmo	
understand	must	ask		
compreender/ entender	dever	pedir		

<b>eu</b> <b>compreendo/</b> <b>entendo</b>	<b>devo</b>	<b>peço</b>		
c. Prepositions:				
some	a	the	to	from
<b>algum</b>	<b>um/uma</b>	<b>o/a</b>	<b>a/em/para</b>	<b>de</b>
d. Pronouns:				
I	you	he	she	we
<b>Eu</b>	<b>você</b>	<b>ele</b>	<b>ela</b>	<b>nós</b>
it	this	that	Mr	Mrs.
<b>isto</b>	<b>isso</b>	<b>aquilo</b>	<b>Senhor</b>	<b>Senhora</b>
e. Nouns:				
money	thing	man	woman	water
<b>dinheiro</b>	<b>coisa</b>	<b>homem</b>	<b>mulher</b>	<b>água</b>
car	ticket	book	friend	
<b>carro</b>	<b>bilhete</b>	<b>livro</b>	<b>namorado/</b> <b>amigo</b>	
f. Adjectives/ adverbs/ Other:				
good	bad	big	small	now
<b>bom</b>	<b>mau</b>	<b>grande</b>	<b>pequeno</b>	<b>agora</b>
later	a little	wonderful!	happy	here/there
<b>mais tarde</b>	<b>um pouco</b>	<b>tremendo/</b> <b>maravilhoso</b>	<b>contente</b>	<b>aqui/ali</b>
g. Interrogatives:				
how much?	where?	what?	who?	when?



quanto custa?	onde	qual?/que?	quem?	quando?
<b>Note:</b> What is this?	<b>Que é isso?</b>			
Question?	é?			
*				
h. Numbers:				
one	two	three	four	five
um	dois/duas	três	quatro	cinco
i. And some survival words:				
toilet (casa de banho),	please (por favor),	newspaper (jornal),	write (escrever),	laugh (rir),
always (sempre),	but (mas),	week (semana),	dance (dancar),	later (mais tarde),
never (nunca),	food (comida),	day (dia),	stop (parar),	policeman (policial) ...
train (trem),	bus (ônibus),	year (ano),	mate (namorado) ...	bye bye mate (adeus meu namorado)!!
home (lar/casa),	work (trabalho),	hour (hora),	minute (minuto),	
time (tempo),	today (hoje),	hamburger (hamburger),	McDonalds (McDonalds),	
tomorrow (amanhã),	paper (papel),	think (pensar/crer),	read (ler),	

## **19. NATURAL FEEDBACK AND NEW IDEAS**

(to crelearning.com please ...)

**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 you own copy - speed reading 4 minutes)

<b>BASICS:</b>	
Hallo	Ola
Yes/no	Sim/não
Please	Por favor
Thank you.	Obrigada/o
Excuse me	Com licença
<b>INTRODUCTIONS:</b>	
Good morning	Bom dia (day)
Good-bye.	Adeus
My name is ...	Meu nome é ....
What is your name?	Qual é seu nome?
How are you?	Como está?
Fine thanks	Muito bem, obrigado
And you?	E o senhor?
Where do you come from?	Onde (where) é?
I'm from:	Sou de:
France	França
England	Inglaterra
America	América
I am with:	Sou com:
UN	UN
Red Cross	cruz vermelha
Shelel	Shelel
<b>QUESTIONS:</b>	
When/how?	Quando/como?
What/why?	Que/porque?
Who/which?	Quem/qual?
Where is/are ...?	Onde está/fica ...?

Where can I find a ...?	Onde (where) posso (can) encontrar um ...?
What is the tarif for ...?	Quanto custa o percurso (tarif) para (for) ... ?
Can you help me?	Pode me ajudar (helep) ?
What does this mean (want to say)?	O que (what) quer (want) dizer (say) isso?
UNDERSTANDING:	
I understand!	Compreendo/entendo!
I don't understand.	Não (not) entendo/compreendo
Can you repeat that?	Pode (can) repetir?
Can you translate this, for us?	Pode traduzir-nos isso (this) ?
Can you give me ... ?	Pode (can) me dar (me) ...
Can you speak: english/portuguese?	Fala (speak) ingles/portugues?
I don't speak ....	Não falo ...
I speak a little ...	Falo um pouco ...
COMMENTS:	
It is:	Isto é:
better/worse	melhor/pior
big/small	grande/pequeno
cheap/expensive	barato/caro
good/bad	bom/mau
hot/cold	quente/frio
near/far	perto//longe
vacant/occupied	livre/ocupado
FOOD:	
I like:	Queria:
breakfast	café da manhã
lunch	almoço

dinner.	jantar
May I take a little ... :	Pode (can) pegar (take)um pouco de :
bread/butter	pão/manteiga
cheese	queijo
eggs	ovos
meat/potatoes	carne/batata
apples/oranges	maçã/laranja
coffee/tea	café/chá
milk	leite
fruit juice	suco de fruta
water	água
I want to pay now.	Queria (want) pagar agora (now).
I think there is a mistake in the bill.	Creio (think) que se enganou (mistake) na conta (bill)
We enjoyed it.	Gostamos muito (much).
TRANSIT:	
Where is the nearest shop?	Onde (where) é (is) a loja (shop) mais próxima (near)?
Where can I find a taxi?	Onde (where) posso (can) apanhar (find) um taxi?
How much to go to ...?	Quanto custa o (the) percurso a corrida (go) para (to) ...?
Take me to this address.	Leve-me (take me) para este (this) endereço.
Please stop here.	Pare (stop) aqui (here) , por favor.
This is the wrong road.	Esta é a rua (road) errada
Go straight ahead (in front) .	Va (go) sempre (always) em frente.
It's there, on the:	E ali (there) ... :
left/right	esquerda/direita
next to/after	junto a/depois de

north/south	norte/sul
east/west	leste/oeste
Where is the:	Onde e o :
town centre	centro de cidade (town)
pharmacy	farmácia
SHOPPING:	
Do you have ...?	Tem ...?
How much is this?	Quanto custa (how much) isso?
I take it.	Levo já.
What colours have you?	Tem que cores (colours) ?
Black	preto
Blue	azul
Red	vermelho
White	branco
I want to buy:	Queria (want)comprar um:
aspirin	aspirina
soap	sabonete
half kilo apples	meio (half) quilo de maçãs (apples)
litre of milk	litro de leite (milk)
film/newspaper	filme/jornal
TELEPHONE:	
Hello, this is ...	Ola é ...
Please speak:	Por favor, fale (speak):
louder	mais alto (loud)
slowly	devagar
I want to speak with:	Queria falar (speak) com (with) :
Mr.	o Senhor

Mrs.	a Senhoa
Miss	a Senhorita
When is he here/there?	Quando ele está aqui/ali?
Ask him to telephone me.	Peça-lhe (ask) que me telefone
TIME:	
Do we have time?	Temos tempo?
What time is it? ...	Que horas são?
It is:	São:
five past one	uma e (and) cinco (5)
twenty past four	quatro (4) e vinte (20)
half past six	seis (6) e meia (half)
MEETINGS:	
We will see you:	veremos você...
today	hoje
tomorrow	amanhã
next week	a próxima semana
in the morning	de manhã
in the afternoon/evening	a tarde/noite
tonight	a noite
soon	em breve
You are right/wrong.	Voce está certo/errado (wrong) :
That is right	É certo.
LOCATIONS:	
Here/there	Aqui/ali
At the office	No escritório
Is it near/far	É perto/longe?
How many hours?	Quantas (how many) horas?

## 21. PLAY QUIZ

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

- |                           |                                   |
|---------------------------|-----------------------------------|
| a. I am very well.        | Super                             |
| b. Excuse me              | Obrigado.                         |
| c. Thank you.             | Muito bem.                        |
| d. OK                     | Desculpe.                         |
| e. You're welcome         | Ola                               |
| f. Well done              | Bem vindo                         |
| g. Hello                  | Como esta?                        |
| h. How are you?           | Bem feito.                        |
| i. I want to speak with   | DE nada.                          |
| j. Welcome home           | desculpe por te incomodar         |
| k. So sorry to bother you | Queria falar com                  |
| l. No bother              | Bem vindo a casa.                 |
| m. Yes                    | Garçon?                           |
| n. Please                 | Sim.                              |
| o. I am sorry             | Por favor.                        |
| p. Waiter?                | Sinto muito                       |
| q. How much is that?      | Que hora são?                     |
| r. Where is the toilet?   | Onde/Quando/Porque?               |
| s. Where/when/why?        | Onde é o casa de banho/sanitario? |
| t. What time is it?       | Quanto custa isso?                |
| u. Help me please?        | Não compreendo.                   |
| v. I do not understand    | Fale devagar.                     |
| w. What does this mean?   | Ajuda-me, por favor?              |
| x. Please speak slowly.   | O que quer dizer isso?            |
| y. See you later.         | Bom apetite/saúde!!!              |
| z. Good food/cheers!!     | Até logo.                         |

Answers: In the daily mini phrase book ... or call the Team ...



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

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

Our natural suggestions are:

1 - Play YOUR APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. THEN make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. LIST your five key problems!

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

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

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

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

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording and laugh .... Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr).

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

**Special Vocabulary for UN**

(Challenge - complete with Portuguese and then check and discuss with a natural speaker)

English	Pashto	Dari	Krio
Airport	hawaa dagar	maydaan-e hawaa-i	airport
Army	pauz	fauj/ordu	army
Asylum	panaah	pamaah	asylum
Border	pdlay	sarhadd	borda
Camp	dd kaamp	kaamp-d	kamp
Children	muchouman	awladah	pikin-dem
Clothing	jama	poxaak	cloths
Cooking pot	chainaq	dd pO-Gosh!ldy loxay/deg	fud pot
Cooperation	hamkari	pd gdda kaar kawdl	cooperation
Customs	gumruk	gumruj	customs
Delay	nawakta	dzandy	las tehm
Detention	ndzar-band	tawkif	detention
Development program devel. program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	despac man
Electricity	breshna	brexnaa	lite
Emergency	hajol	ber-dndy pexa	emergency
Expulsion	shar-dl	kharej/zxraaj	expulsion
Family	koranay	hekraaj	fambul
Government	hokumat	hokumat	government
Grandparents	padar kalan	padar wa maser kalan	grannis
Handicapped	saya	ma-yub	handicapped
Health	roghtyaa	seat/syhhat	wel bohdi
Hospital	roghtun	shafakhana	ospitul
House	kor	khana/kor	hos
HQ	mankaz	mankae	HQ
Human rights	dd bashar hakkuna	hokuk e bashar	human rights
Husband	mehra	shwahan	uman
Lamp	dewan	tsheragh	lamp
Legal protection	kaanuni saatdna	hymayat e kano	legal protection
Malnutrition	bada ghdzaa	sou-e taghziya	quashikor
Material assistance	maadi komak	komak-e mawadi	aid
Ministry	wdzaarat	wezarat	ministri
Nutrition	ghdzaa	taghziya	nutrition
Pain - days/weeks	dard worst	dard e ruz/hafta	pen - des/wiks

Pain - months/years	dard hafta	dard e mo/sol	pen - monts/yias
Pain - treatment	dard mehda	dard e ta-dow-wi	pen- tritmen
Pain - arms/legs	dard bazou/paie	dard e dest/pal	pen - ahms/legs
Pain - chest	dard sina	dard e sina	pen - ches
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom	pen - yers/yies
Pain - hands/feet	dard daste/paie	dard e dest/pai	pen - hans/fut
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	pen - hed/nek
Pain - stomach	dard mehda	dard e meda	pen - belli
Persecution	zawrawdi	aziyat	persecution
Petrol	tel	petrol/tel	petrol
Police-station	dd polis st-eshan	sar-mammuriyat-e-police	polis post
President	mdshir	ra-is	president
Prison	bandy-khana	zyndan	prison
Province	ayaalat	wela-yate	province
Reception centre	dd melma paaldne	mahal e pazirahi/	reception centre
Refugee	mohajer	panahenda	refugee
Representative	astaazy	nema-yandghi	representative
Rural	da kdll	?	up-cuntry
Sanitation	hyfzu-syhna	hyfzu syhha	sanitation
Shelter	rijdi	panaga	shelter
Status	haysiyat	haysiyat	status
Tent	rijdi	gihejdi/khayma	tent
Torture	shekanja	shykanja	torture
Town	khar	shahr	tong
Transportation	transport	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	travel doks
Tribe	t-dbdr	kabila	tribe
Truck	lan mot-dr/lari	motar-d laar/lari	trok
Urban	dd khari	dd khari	town
Village	kday	karya	vilag
Voluntrary repatriation	pd rdzaa-sara	berta legal	vol. repatriation
War	jagara	jangue	war
Water	aaba	aab	wata
Wife	kaza	zawja/khanom	uman/wef

**CRE - CREATIVE RELAXATION EXERCISE  
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A WONDERFUL 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 missions to other countries to feel more secure, comfortable and effective in achieve 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: Krio, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, etc.

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

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

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

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

**Further information:** 33 450 408982 or 199 Chemin Garenne, Prevezin, 01280 France or email: robertboland@wanadoo.fr from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, BO-Gosh!ter, Nokia etc

## APPENDIX C - BRIEF GRAMMAR

(Challenge - complete with Portuguese and then check and discuss with a natural speaker)

1. Structure - subject, object and verb:	
Eu estou aqui.	I am here.
A CRIANÇA está lá.	The CHILD is here.
A criança está aqui?	Is the child here?
2. Articles:	
Aqui está uma criança.	A child here is.
3. Nouns:	
As criança-S estão aqui.	Child-REN are here.
A criança BOA está aqui.	The GOOD child is here.
Ele é uma criança.	HE is a child.
4. Possession:	
Ele é MEU filho.	He is MY child.
5. Relative:	
A criança QUE está aqui.	The child WHO here is.
6. Demonstrative:	
AQUELA criança está aqui.	THIS child is here.
ESSA criança está AQUI.	THAT child is THERE.
7. Interrogatives:	
O que é esta coisa?	WHAT is this thing?
Quem é esse?	WHO is that?
ONDE está a criança?	WHERE is the child?
QUANTO custa o livro?	HOW-MUCH is the book?
8. Imperatives:	
Fazem isto!	DO this!
Venha aqui!	COME here!

9. Negatives:	
Sim, eu tenho um livro.	Yes, I <b>HAVE</b> a book.
Não, eu não tenho o livro.	No, I do <b>NOT</b> have the book.
Não venha aqui.	Do <b>NOT</b> come here.
10. To be, have and want (with "me" to indicate the present tense):	
eu sou/tenho/quero	I am/have/want
you é/tem/quer	You are/have/want
Ele é/tem/quer	He is/has/wants

# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete with Portuguese and then check and discuss with a natural speaker)

1. A/an UN/UNO	2. After DESPUES	3. Again OTRA-VEZ	4. All TODO	5. Almost CASI
6. Also TAMBIEN	7. Always SIEMPRE	8. And Y	9. Because PORQUE	10. Before ANTES
11. Big GRANDE	12. But PERO	13. I can PUEDO	14. I come VENGO	15. Either/or O.O
16. I find ENCUETRO	17. First PRIMO	18. For PARA	19. Friend AMIGO	20. From DE
21. I go VOY	22. Good BUENO	23. Goodbye ADIOS	24. Happy FELIZ	25. I have TENGO
26. He EL	27. Hello OLA	28. Here AQUI	29. How COMO	30. I YO
31. I am SOY/ESTOY	32. If SI	33. In EN	34. I know SE	35. Last ULTIMO
36. I like ME GUSTA	37. Little PEQUENO	38. I love AMO	39. I make HAGO	40. Many MUCHOS
41. One UNO	42. More MAS	43. Most MAYORIA	44. Much MUCHO	45. My MI
46. New NUEVO	47. No NO	48. Not NO	49. Now AHORA	50. Of DE
51. Often FREQUENTE	52. On SOBRE	53. One UNO	54. Only SOLO	55. Or O
56. Other OTRO	57. Our NUESTRO	58. Out AFUERA	59. Over SOBRE	60. People GENTE
61. Place LOGAR	62. Please PER FAVOR	63. Same MISMO	64. I see VEO	65. She ELLA
66. So ENTONCES	67. Some ALGUNOS	68. Sometimes AVECES	69. Still TODAVIA	70. Such ESE/ESA
71. I tell DIGO	72. Thank you GRACIAS	73. That ESTO	74. The EL/LA	75. Their DE ELLOS
76. Them ELLOS	77. Then DESPUES	78. There is HAY	79. They ELLOS	80. Thing COSA
81. I think PENSO	82. This ESTO	83. Time TIEMPO	84. To PARA	85. Under DEBAYO
86. Up ARRIBA	87. Us NUSOTROS	88. I use USO	89. Very MUY	90. We NOSOTROS
91. What QUE	92. When CUANDO	93. Where DONDE	94. Which QUAL	95. Who QUIEN
96. Why PORQUE	97. With CON	98. Yes SI	99. You SU	100. Your USTED

**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ PORTUGUESE (OVER THE GERMAN)**  
**(Challenge - complete with Portuguese and then check and discuss with a natural speaker)**

ENGLISH	FRENCH	SPANISH	GERMAN	PORTUGUESE
a	un/une	un/una	in/eine	
about	environ	cerca de	ungefähr	
accident	accident,l'	accidente	Unfall	
action	action,la	accion	Handlung	
actually	en fait	realmente	eigentlich	
after	après	depués	nach	
afternoon	après_ midi,l'	tardes	Nachmittag	
airport	aéroport,l'	aeropuerto	Flughafen	
alone	seul	solo/unico	allein	
also	aussi	también	auch	
always	toujours	siempre	immer	
am (I)	suis (je)	yo soy/estoy	bin (ich)	
and	et	y	und	
anniversary	anniversaire	cumpleaños	Jahrestag	
anybody	n`importe qui	cualquiera	irgendjemand	
anything	n`importe quoi	cualquier cosa	irgendetwas	
April	Avril	abril	April	
are(you)	êtes (vous)	usted es/está	sind	
arrive	arriver	llegar	ankommen	
at	à	a/en	an	
August	Aout	agosto	August	
bad	mauvais	malo	schlecht	
bank	banque,la	banco	Bank	
bar	bar	bar	Bar, die	



bath	bain,le	baño	Bad	
beat	battre	batir	schlagen	
beautiful	beau/belle	hermoso	schön	
because	parce que	porque	weil	
bed	lit,le	cama	Bett	
begin	commencer	comenzar	anfangen	
behind	derrière	detrás/atrás	hinter	
beside	à côté de	al lado de	nächst	
better	meilleur	mejor	besser	
bill	facture,la	cuenta	Rechnung, die	
big	grand	grande	gross	
biscuit	biscuit,le	galleta	Keks	
black	noir	negro	schwarz	
book	livre,le	libro	Buch	
boy	garcon,le	niño/muchacho	Junge	
bread	pain,le	pan	Brot	
breakfast	petit dej,le	desayuno	Frühstück	
brother	frère,le	hermano	Bruder, der	
bus	autobus,le	autobús/ camión	Bus	
business	affaires,les	negocio	Geschäft	
buy	acheter	comprar	kaufen	
can (able)	pouvoir	poder	können	
car	auto,l'	carro/coche	Auto	
carefully	prudent	prudente	vorsichtig	
carry	porter	llevar	tragen	
cash	argent,le	dinero	Bargeld	
chair	chaise,la	silla	Stuhl	
cheap	bon marché	barato	billig	

children	enfants	niños	Kinder	
choose	choisir	seleccionar	wählen	
cigarette	cigarette,la	cigarillo	Zigarette	
clean	propre	limpio	sauber	
clever	intelligent	inteligente	klug	
clouds	nuages,les	nubes	Wolken, die	
coffee	cafe,le	café	Kaffee	
cold	froid	frio	kalt	
colour	couleur,la	color	Farbe	
come	venir	venir	kommen	
complain	plaindre	reclamar	klagen	
contract	contrat,le	contrato	Vertrag	
cook	cuire	cocinar	kochen	
cost	coût,le	costo	Kosten	
count	conter	contar	zählen	
creditors	créditeurs,les	acreedor	Gläubiger	
cup	tasse,la	taza	Tasse	
customer	client,le	cliente	Kunde	
customs	douane,la	aduana	Zoll	
daughter	fille,la	hija	Tochter	
day	jour,le	día	Tag	
dear	cher	caro	teuer	
debtors	débiteurs,les	deudores	Schuldner	
December	Décembre	diciembre	Dezember	
dinner	dîner,le	comida	Abendessen	
dirty	sale	sucio	schmutzig	
divided by	divisé par	dividir de	dividiert durch	
do	faire	hacer	tun	

doctor	médecin,le	doctor/médico	Arzt	
doers	actifs,les	trabajadores	Täter	
drink	boire	beber/tomar	trinken	
drive	conduire	manejar/coduc.	fahren	
dry	sec	seco/árido	trocken	
early	de bonne heure	temprano	früh	
easy	facile	fácil	leicht	
eat	manger	comer	essen	
eight	huit	ocho	acht	
eighty	quatre vingt	ochenta	achtzig	
either	ou	o	entweder	
eleven	onze	once	elf	
English	Anglais	inglés	Englisch	
enjoy	s` amuser	gozar de	sich freuen	
enough	assez(de)	bastante/suf.	genug	
etc.	et cetera	etcétera	usw	
evening	soir,le	tarde	Abend	
every	chaque	cada	jeder	
fall off	tomber	caer	fallen	
family	famille,la	familia	Familie	
father	père,le	padre	Vater	
father/law	beau_ père,le	suegro	Schwiegervater	
fat	gros	gordo	fett	
Febuary	Février	febrero	Februar	
fifty	cinquante	cincuenta	fünfzig	
fight	combattre	luchar	kämpfen	
finance	financer	finanza	finanzieren	
find	trouver	encontrar	finden	

fine	beau	fino/perf/bel.	schön (Wetter)	
fingers	doigts,les	dedos	Finger	
finish	finir	terminar	beenden	
fish	poisson,le	pescado	Fisch	
five	cinq	cinco	fünf	
fog	brouillard,le	niebla	Nebel	
food	nourriture,la	comida/alim.	Essen	
fools	fous,les	tontos/locos	Verrückten	
for	pour	para/por	für	
fork	fourchette,la	tenedor	Gabel	
four	quatre	cuatro	vier	
forty	quarante	cuarenta	vierzig	
Friday	Vendredi,le	viernes	Freitag	
friendly	sympathique	amigable	freundlich	
friends	amis,les	amigos	Freunde	
future(adj)	futur	futuro	zukünftig	
game	jeu,le	juego	Spiel	
generally	généralement	generalmente	allgemein	
get	obtenir	obtener	bekommen	
girl	jeune fille,la	niña/muchacha	Mädchen	
give	donner	dar	geben	
glass	verre,le	vaso	Glas	
go	aller	ir/andar	gehen	
good	bon	bueno/buen	gut	
good_ bye	au revoir	adiós	auf Wiedersehn	
good even.	bonsoir	buenas tardes	guten Abend	
good morn.	bonjour	buenos días	guten Morgen	
good night	bonne nuit	buenas noches	gute Nacht	

greedy	gourmand	codicioso	gierig	
half	moitié	medio/mitad	halb	
happy	heureux	contento/feliz	glücklich	
hate	dêtester	odiar	hassen	
have	avoir (j'ai)	haber/tener	haben	
he	il	él	er	
hello	salut	hola	hallo	
help	aider	ayudar	helfen	
helpful	utile	util	behilflich	
her (acc.)	la/lui	la/le	ihr	
here	ici	aquí	hier	
herself	elle_ même	ella misma	sie selbst	
him	le/lui	le/lo	ihn/ihm	
himself	lui_ même	él mismo	er selbst	
his	son	suyo	sein	
honest	honnêt	honrado	ehrlich	
hope	espérer	esperar	hoffen	
hospital	hopital,le	hospital	Krankenhaus	
hot	chaud	caliente	heiss	
hotel	hotel,le	hotel	Hotel	
how are y.?	comment a._ v.?	cómo está Ud?	wie geht e.I.?	
how many?	combien de?	cuántos?	wieviel?	
however	cependant	sín embargo	jedoch	
hundred	cent	cien	hundert	
hungry	avoir faim	tener hambre	hungrig	
husband	mari,le	esposo/marido	Ehemann	
I	je	yo	ich	

I am well	je vais bien	muy bien	mir geht es gut	
ice_ cream	glace,la	helado	Eis	
if	si	si	wenn	
important	important	importante	wichtig	
impossible	impossible	imposible	unmöglich	
in front of	devant	enfrente de	vor	
intelligent	intelligent	inteligente	klug	
inventory	inventaire, l'	inventario	iventor	
is (he)	est (il)	es	ist (er)	
it	cela	eso	es (er)	
itself	cela_ même	eso mismo	es selbst	
January	Janvier	enero	Januar	
journey	voyage,le	viaje	Reise	
July	Juillet	julio	Juli	
June	Juin	junio	Juni	
knife	coûteau,le	cuchillo	Messer	
know	savoir/conn.	saber/conocer	wissen	
labour	main d` oeuvre	trabajo	Arbeit	
language	langue,la	idioma	Sprache	
late	tard	tarde	spät	
later	plus tard	mas tarde/lu.	später	
learn	apprendre	aprender	lernen	
less	moins de	menos	minus/weniger	
letter	lettre,la	carta/letra	Brief	
life	vie,la	vida	Leben	
like (verb) aimer	gustar gern haben			

listen	écouter	oir	zuhören	
little	peu	poco	wenig	
long	long	largo	lang	
long run	finalément	a lo largo	auf die Dauer	
look	regarder	mirar	schauen	
look for	chercher	buscar	suchen	
loss	perte,la	pérdida	Verlust	
lot,lots	beaucoup de	mucho	viel	
love	aimer bien	querer	lieben	
low	bas	bajo	tief	
lucky (be)	avoir/chance	tener suerte	Glück (haben)	
luggage	bagages,les	equipaje	Gepäck	
lunch	déjeuner,le	almuerzo	Mittagessen	
make/do	faire	hacer/realizar	machen	
man	homme,l'	hombre	Mann	
manager	directeur,le	gerente/dir.	Manager	
many	beaucoup (de)	muchos	viele	
map	plan,le	mapa	Landkarte	
March	Mars	marzo	März	
marriage	marriage,le	matrimonio	Heirat	
marry	se marier	casar	heiraten	
materials	materiaux,les	materia prima	Materialien	
May	Mai	mayo	Mai	
me	me	mi	mich	
meal	repas,le	comida	Essen	
meat	viande,la	carne	Fleisch	
meet	rencontrer	encontrar	kennen lernen	
meeting	réunion,la	reunión	Versammlung	

mind (not)	égal (etre)	no importa	egal (mir)	
minute	minute,la	minuto	Minute	
Miss	Mademoiselle	Señorita	Fräulein	
mistake	erreur,la	error	Fehler	
Monday	Lundi,le	lunes	Montag	
money	argent,la	dinero	Geld	
month	moins,le	mes	Monat	
more	plus	más	mehr	
morning	matin,le	mañana	Morgen	
mother	mère,la	madre	Mutter	
mother_ i.l.	belle_ mère	suegra	Schwiegermutter	
Mr	Monsieur	Señor	Herr	
Mrs	Madame	Señora	Frau	
multipl.by	multiplier par	multiplic.por	multipliz.mit	
must	devoir	deber/tener de	müssen	
my	mon	mi/mis	mein	
myself	moi_ même	mi	ich selbst	
near	près de	cerca de	nahe	
never	jamais	nunca/jamás	niemals	
never mind	n'importe	no importa	nichts (macht)	
new	neuf	nuevo	neu	
nice	agréable	fino/bueno	nett	
nine	neuf	nueve	neun	
night	nuit,la	noche	Nacht	
ninety	quatre_ v._ dix	noventa	neunzig	
no	non	no	nein	
nobody	personne	nadie	niemand	



noise	bruit,le	ruido	Krach	
not	ne...pas	no	nicht	
nothing	rien	nada	nichts	
November	Novembre	noviembre	November	
now	maintenant	ahora	jetzt	
o` clock	heures (7.00)	hora (7.00)	Uhr (7.00)	
October	Octobre	octubre	Oktober	
of course	naturellement	naturalmente	natürlich	
Oh!	Oh!	O!	Ach!	
old	vieux	viejo	alt	
on	sur	sobre	auf	
one	un	un/uno	eins	
or	ou	o	oder	
orders	ordres,les	órdenes	Bestellung	
our	notre	nuestro	unser	
ourselves	nous_ même	nosostros	wir selbst	
out	dehors	fuera	aus	
overheads	frais gen.les	gasto gener.	Laufenden U.	
owner`s eq.	capital,le	capital	Anlagekapital	
parents	parents,les	padres	Eltern	
passport	passeport,le	pasaporte	Pass	
people	gens	gente	Menschen	
place	endroit,le	sitio/lugar	Platz	
plane	avion,le	avión	Flugzeug	
plate	assiette,la	plato	Teller	
please	s` il v. plaît	por favor	bitte	
police	police,la	policía	Polizei	
polite	poli	cortés	höflich	

porter	porteur,le	portero	Träger	
possible	possible	posible	möglich	
present	présent	presente	gegenwärtig	
pretty	joli	bonito	hübsch	
products	produits,les	productos	Produkte	
profit	profit,le	ganancia	Gewinn	
put	mettre	poner	legen	
quarter	quartier,le	cuarto	Viertel	
quickly	vite	aprisa/de pri.	schnell	
rain	pluie,la	lluvia	Regen	
read	lire	leer	lesen	
really	vraiment	de veras	wirklich	
red	rouge	colorado/rojo	rot	
relax	se relaxer	relajarse	entspannen	
remember	rappeller	recordar	erinnern	
restaurant	restaurant,le	restaurante	Restaurant	
right	raison (avoir)	correcto/der.	richtig	
road	rue,la	calle	Strasse	
room	chambre,la	cuarto/habit.	Zimmer	
sales	ventes, les	venta/saldo	Verkäufe	
Saturday	Samedi,le	sábado	Samstag	
save	sauver	salvar	sparen	
say	dire	decir	sagen	
see	voir	ver	sehen	
sell	vendre	vender	verkaufen	
September	Septembre	septiembre	September	
serve	servir	servir	bedienen	
service	service	servicio	Dienst	

seven	sept,le	siete	sieben	
seventy	soixante_ dix	setenta	siebzig	
she	elle	ella	sie	
short	court	corto	kurz	
should	devoir	deber	sollen	
sick	malade	enfermo	krank	
Sir	Monsieur	Señor	Mein Herr	
sister	soeur,la	hermana	Schwester	
sit	s'asseoir	sentar	sitzen	
sit down	être assis	sentarse	sich setzen	
six	six	seis	sechs	
sixty	soixante	sesenta	sechzig	
sky	ciel,le	cielo	Himmel	
sleep	dormir	dormir	schlafen	
small	petit	pequeño/chiqu.	kein	
smoke	fumer	fumar	rauchen	
snack	snack,le	snack	Imbiss	
some	quelques	unos/poco de	etwas	
somebody	quelqu'un	alguno	jemand	
something	quelque_ chose	algo	etwas	
sometimes	quelque_ fois	algún tiempo	manchmal	
son	fils,le	hijo	Sohn	
sorry	dommage	lo siento	Verzeihung	
soup	potage,le	sopa	Suppe	
speak	parler	hablar	sprechen	
spend	dépenser	gastar	ausgeben	
spoon	cuillère,la	cuchara	Löffel	

stand up	se lever	pararse	aufstehen	
station	gare,la	estación	Bahnhof	
stay	rester	quedarse	bleiben	
stool	banc,le	taburete	Stuhl	
sugar	sucre,le	azúcar	Zucker	
summer	été,le	verano	Sommer	
sun	soleil,le	sol	Sonne	
Sunday	Dimanche,le	domingo	Sonntag	
sweet(pud.)	dessert,le	dulce/postre	Süßspeise	
table	table,la	mesa	Tisch	
take	prendre	tomar/llevar	nehmen	
talk	parler	hablar	sprechen	
talkers	bavards,les	habladores	Schwätzer	
taxi	taxi,le	taxi	Taxi	
tea	the,le	té	Tee	
téléphone	téléphone,le	teléfono	Telefon	
tense	temps,le	tiempo	Zeitform	
ten	dix	diez	zehn	
terrible	terrible	terrible	schrecklich	
thank you	merci	gracias	danke	
that	la/cela/que	ese/aquel/cual	jener/jene/ jenes	
the	le/la	el/la/los/las	der/die/das	
their	leur	su	ihr	
them	eux	ellos/ellas	sie	
themselves	eux_ mêmes	ellas/ellos	sie selbst	
there	là	allí	dort/da	
they	ils	ellos/ellas	sie	
this	ce/cet	este/esta	dieser	

thin	mince	delgado	dünn	
thing	chose,la	cosa	Ding	
thirsty	avoir soif	tener sed	durstig	
thirty	trente	treinta	dreissig	
thousand	mille	mil	tausend	
three	trois	tres	drei	
three_ qtr.	trois_ quarts	tres cuartos	dreiviertel	
Thursday	Jeudi	jueves	Donnerstag	
ticket	billet,le	boleto/billete	Karte	
time	heure,la	tiempo/vez	Zeit,die	
tip	pourboire,le	propina	Trinkgeld	
tired	fatigué	cansado	müde	
to	à	para/a	nach	
today	aujourd'hui	hoy	heute	
tomorrow	demain	mañana	morgen	
too much	trop	demasiado	zu viel	
train	train,le	tren	Zug	
travel	voyager	viajar	reisen	
Tuesday	Mardi	martes	Dienstag	
twelve	douze	doce	zwölf	
twenty	vingt	veinte	zwanzig	
two	deux	dos	zwei	
under	sous	debajo/bajo	unter	
up	en haut	arriba	oben	
us	nous	nos/nosotros	uns	
vegetables	légumes,les	legumbres	Gemüse	
wait	attendre	esperar	warten	
waiter	garçon,le	camarero	Kellner	

walk	marcher	caminar/pasear	spazieren	
want	vouloir	querer	wollen	
waste(n)	gaspillage,le	desgaste	Abfall	
we	nous	nosotros	wir	
weather	temps,le	tiempo	Wetter	
Wednesday	Mercredi	miércoles	Mittwoch	
week	semaine,la	semana	Woche	
wet	pluvieux	húmedo/ mojado	nass	
what?	quel/quoi?	qué?	was?	
what time?	quelle heure?	qué hora?	wie spät.ist es?	
when?	quand?	cuándo?	wann?	
where	où?	dónde?	wo?	
white	blanc	blanco	weiss	
who?	qui?	quién?	wer?	
wife	femme,la	esposa	Ehefrau	
win	gagner	ganar	gewinnen	
wine	vin,le	vino	Wein	
winter	hiver,le	invierno	Winter	
woman	femme,la	mujer	Frau	
work	travail,le	trabajo	arbeiten	
worse	pire	peor	schlechter	
worst,the	le pire	el/lo peor	schlechteste	
write	écrire	escribir	schreiben	
wrong	avoir tort	falso/equiv.	falsch	
year	année,la	año	Jahr	
yes	oui	sí	ja	
yes but	oui mais	si, pero	ja, aber	
yesterday	hier	ayer	gestern	

you (nom.)	vous	usted/ustedes	Sie	
you (acc.)	vous	usted	Sie	
young	jeune	joven	jung	
your	votre	su	Ihr	
yourself	vous_ même	usted	Sie selbst	
yourselves	vous_ mêmes	ustedes	Sie selbst	
zero	zero	cero	null	

## **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! Thus provides "associations" in your mind for the new learning.**
2. **The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
3. **Play this once more.**
4. **Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
5. **Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: [www.crelearning.com](http://www.crelearning.com) . So, and from now on - relax and remember!!**