

# 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... JEREJEF!"

SO PLAY THE CRE TAPE MANY MANY TIMES UNTIL IT BECOMES PART OF YOU  
INSTINCTIVELY WITHOUT ANY EFFORT AT ALL

## NO. 372 - WOLOF FROM ENGLISH

Version 2 - with some errors ... October 2003

### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Berlitz Africa Phrasebook and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web. Free download from the Peace Corps Wolof dictionary and grammar feom the web and study <http://www.languageinindia.com/index.html>

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## DEDICATION

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

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

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

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

**Thank you**

Hallo

Yes/no

Please

Good morning

My name is ...

What is your name?

How are you?

Fine thanks

**Jerejef**

Salaam Maalekum!

Waaw/deedeth

Baal ma

Na-nga-def

Ma-ngi tudd ...

Na nga tudd?

Na nga def?

Jamm rekk.

Excuse me

OK!

Where do you come from?

I want

Goud-bye.

Baal ma

Baah-na!

Fan nga joge?

Da ma buga

Ba beneen yawn

... so now ... start speaking ... to EVERYONE ... and have fun...

## 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:

Yes ... wa-aw ... say ...

... yes ... waa-t about that... waaw

Goodbye ... ba beneen yon ... say ...

... goodbye ... bye ben kep young ... ba beneen yon

I want ... da ma buga ... say ...

... I want ... damn e bug ... da ma buga

or email [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr) for our CRE 33 MemoryAlert.

### 1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Wolof conversation with a natural speaker or aloud with yourself. Then make a friend of the main Wolof Phrasebook.

# INSTANT RELAXATION TECHNIQUE

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

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

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

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important, counting down from 20 to 1

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	Jerejef	GERR-REGEFFF
Hello	Na-nga-def	NANNGARR-DEFF
Mr.	Goor Gui	GORR-GY
Mrs.	Sama Jigeen	SOMMA CHEE-GENN
Yes	Waaw	WAAOW
No	Deedeethh	HAYRR-DETT
Good	Baah	BAARHHH
Please	Baal ma	BAALL MRR
Do you have?	Am nga .. ?	ANN-GRR
Goodbye	Ba beneen yawn	BA BENNEN YRRN
See you next time!!	Ba beneen!!	BA BENNN-ENN
Who?	Kan?	CAN
What?	Lan?	LAN
I want	Da ma buga	DAR MA BUGRR
Where?	A-na?	ANNA
OK!	Baah-na	BAARRRNN-NA

Note: For simplicity ... the program is typed 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 beautiful CONFIDENT accent.  
Do the quiz (1 page). Create conversation with mini phrase book.  
Do SPEED READING (2-16) and Mini-phrase book 14 minutes.  
Do APS and plan for review next week, helping partners as needed.

## NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR/TRUCK at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING 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 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 ... as you create new wave patterns ... in that special... "Wolof Place" ... in your mind ...



## 2. HERE AND THERE:

Maa ngi fi-leh (here).  
Yaa ngi fa-leh.

I am here.  
You are there.

Yaa ngi fa-leh?  
Waaw yaa ngi fa-leh.  
Yaa ngi fi-leh?  
Deedeth, nek-ku (not) law fi-leh

Are you there?  
Yes, you are there.  
Are you here?  
No, you are not here.

Fi-leh la (it).  
Fan (where) la?

It is here.  
Where is it?

Fi-leh la..  
Ndah fa-leh (there) la?  
Xaml-mu ma.

It is here.  
Is it there?  
I do not know.

Ana Miguel?  
Nek-ku fi-leh.

Where is Miguel?  
(He) is not here.

Mu-ngi fan (where)?  
Xam-mu (not) ma (I).

Where is he?  
I do not know.

Zut. Mu-ngi fa-leh!  
Mu-ngi jekkl (wonderful) na (is)!

Zut! There he is.  
He is wonderful!

## 3. LIKING:

Mann (can) buga naa (I) la (you)  
Da nga ma buga naa (me)?  
Waaw, mann buga naa la.

I can like you.  
Do you like me?  
Yes, I can like you.

Da nga (to you) buga (liking) xaaliss?  
Waaw, da ma (to me) buga xaaliss.

Do you like money?  
Yes, I like the money.

Da ma buga ndoh(water).  
Da nga buga ndoh.  
Da ;ma buga ay (some) librer.

I like water.  
You like water.  
I like some books.

Mu-ngi (he) buga motto bi.  
Bugu-l motto bi.  
Ndah rerr (dinner) bi neh-na (like) la?

He likes the car.  
She does not like the car.  
Do you like the dinner?

Deedeth, rerr bi ne-hu (not) ma (I).

No, I do not like the dinner.

Oh. Darn. Mate!

Oh. Darn-it! Mate!

Baal ma, kegg (say) uma (not) Mate!

Please do not say Mate!

.

#### 4. DOING:

Ma (I) deff (do)

I do.

Ma deff lii

I do this.

Nga deff

You do. Nga legg lee.

Nga (you) deff lai (that)

You do that

Nu-ngi (we) deff lai

We do that

Ta (and) nu-ngi contan (happy).

And we (are) happy.

Yomba (easy) na?

Is it easy? Easy is "yomba"

Waaw, lii (it is) diafe wul

Yes, it is not difficult.

Di nga (you) deff lee?

Do you do that?

Baal ma (please). defal lee!

Do that please!!!

Zut!!!

Darn-it!!!

Lii jekkl na

It is wonderful!

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

Mann (can) uaa (I).

I can

Mann uaa?

Can I?

Waaw, mann uaa.

Yes, I can.

Mann nga (you) deff (do) lii?

Can you do this?

Waaw, mann naa (I) deff lai

Yes, I can do that.

Mann naa (I) lekka (eat) tuuti

I can eat a little.

Mann naa naan (drink) tuuti

I can drink a little.

Mann naa dem

I can go.

Mann naa dikka (come).

I can come.

Mann naa nelew (sleep)?

I can sleep.

Mann nga wah (speak).

You can speak.

Mann nga wah (speak)?

Can you speak?

Waaw, mann naa (I)..

Yes, I can.

Mann nga deff (do) lii?  
Deedeth, ma-nu (not) ma deff lai.

Can you do this?  
No, I can not do that.

Mann nga degg?  
Mdunn nga degg?

You can understand?  
Can you understand?

Mann nga degg?  
Waaw, tuuti.

Can you understand?  
Yes, a little.

Mann nga degg Mate?  
Waaw, (canI) degg waa tuuti Wolof!

Can you say Mate?  
Yes, I can speak a little Wolof!

Zut! Maa gaaande la.

Darn-it! I am wonderful!

## 6. UNDERSTANDING:

Maa degg.  
Maan degg uma (not).

I understand.  
I do not understand.

Degg nga.  
Degg u-law.

You understand.  
You do not understand.

Nga khame jigeen (women)?  
Deedeth. Deedeth, manna kham uma (not) jigeen.!

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

Oh. Zut! Matel!  
Baal ma, kegg uma (not) Matel.

Oh. Darn-it! Mate!  
Please do not say Mate!

Nga (you) jekk!!!

You are wonderful!

## 7. WANTING:

Da ma (to me) buga (wanting).  
Da ma buga lekka (eat) tuuti.

I want.  
I want to eat a little.

Da ma buga naan (drink) ndoh.  
Da ma buga dem (go) ci wanag (toilet)!!

I want to drink the water.  
I want to go to the toilet!!!

Da nga buga lekka (eat) tuuti?

Do you want to eat a little?

Deedeth, begg u-ma (not) lekka (eat).

No, I do not want to eat.

Zut! maa (I) hengue uala jax tuuti.  
Deedeth. jerejef.

Darn! I want to give you a bit.  
No thank you.

Maa begg dikka (come).  
Da nga buga nelew (sleep) ak (with) mann?

I want to come.  
Do you want to sleep with me?

Deedeth, manna begg uma nelew (sleep).  
Miguel, Da nga buga lekkal mboot (frogs)?

No, I do not want to sleep.  
Miguel do you want to eat the frogs?

Zut! Du le egi, jerejef  
Nu-ngi jeffl la!

Not just now, thank you!  
We are wonderful!

## 8. GETTING:

Baal ma, jax (give) maa (me) xalis (money).  
Baal ma, jelel (take) xalis.  
Maa jel xalis.

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

Baal ma, jax maa biyeh (ticket).  
Baal ma. jelel biyeh.  
Maa jel biyeh.

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

Baal ma. jax maa lii (thing).  
Aua (where) yeuf bi?  
Auan xam uma (not).

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

Baal ma, jax maa goor (man),  
Zut!!! La lan jigeen!

Please give me a man!  
Darn-t!!! What a woman!!

Mu-ngi jekkl!

She is wonderful!

## 9. HAVING:

Maa am (have) benn yeuf (thing).  
Maa am amu (not) benn yeuf.

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

Nga am benn yeuf.  
Nu-ngi am benn yeuf.  
Mu-ngi am benn teuf.

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

Maau amua wahtu (time), Sama Jigeen!

I have the time, Miss!

Mba am nga xaaalis, Gooer-gi?

Do you have some money, Sir?

Deedeth

No.

Oh. Matell!

Oh. Mate!

Baal ma, kegg uma Matel.

Please do not say Mate!

## 10. ORDERING (POLITELY):

Baal ma, jax (give) maa lii cose (thing).

Please give me the thing.

Baal ma, jax maa xaaalis.

Please give me the money.

Baal ma,, jax maa ndoh.

Please give me the water.

Jerejef.

Thank you.

Baal ma, bul naan ndoh ci France!.

Please don't drink the water in France!!

Naan aal bique.

Drink the wine.

Baal ma, dikka (come) fi-lehl.

Please come here.

Baal ma, dem al (go) fa-leh..

Please go there.

Baal ma, naan al lii.

Please drink this.

Bul lekk lii (that)!

Do not eat that!

Baal ma, jax maa lii.

Please give me this.

Baal ma, bul jel lee.

Please do not take that.

Baal ma, wahal (say) lii.

Please say this.

Baal ma, degg amu Mate.

Please do not say Mate.

Zut! Jerejef. Nga jekkl la!

Darn-it! Thank you. You are wonderful!

## 11. GREETING:

Salaam Maalekum, Michelle.

Hello Michelle.

Salaam Maalekum, Paula.

Hello Paula.

Na-nga-def,, Miche

Good morning Miche.

Na-nga-def, Sancos.

Good morning Sancos.

Na nga def, Eliza?

How are you, Eliza?

Jamm rek, Khulu.

I am well, thank you, Khulu.

Jamm nga am, Xavier?  
Jamm rek, Alx-am-du-lilla, Miguel

How goes it, Xavier?  
Fine, thank you, Miguel.

Ba beneen yawn Giles.  
Ba beneen yawn Judith.

Goodbye Giles.  
Bye bye Judith.

Waaw baah na, Hollie  
Lii jekkl na, Heidi!

Yes OK, Hollie.  
It is wonderful, Heidi!

Baah na, Sam?  
Waay baah na, Lucie.

OK Sam?  
Yes OK, Lucie.

La bon amu, Henri.  
Na nga def, Sama Jigeen?

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

Deedeth!!  
Zut! Mu ngi jekkl!

No!!!  
Darn-it! She is wonderful!

## 12. DESCRIBING:

Baah na,  
Baah ut.  
Bon (bad) na.

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

Tereh la.  
Lii rey na?  
Deedeth, lii tuuti na.

It is a book.  
Is it big?  
No, it is small.

Lii yomba na?  
Deedeth, lii jafe na.

Is it easy?  
No, it is hard.

Ndoh-bi baah na?  
Deedeth, ndoh ui France baah ut (not)!!

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

Oh Matel!!!  
Degg amu Matel, baal ma.

Oh Mate!!!  
Please do not say Mate.

Nemu?  
Zut! Waaw!!

Are we wonderful?  
Darn-it! Yes!!

## 13. KNOWING (THINGS & PEOPLE):

Xam (know) naa (I) lii

I know this.

Xam nga (you) lee?  
Waaw, xam naa lii

Do you know this?  
Yes, I know this.

Xam nga lee.  
Xam nga lee?  
Deedeth, xam uma lee.

You know that.  
Do you know that?  
No, I do not know that.

Xam naa jigeen bii.  
Xam naa goor bii.

I know that woman.  
I know the man.

Xam na ma (me).  
Xam nga jigeen (woman) bii?

He knows me.  
Do you know that woman?

Deedeth. Salaam Maalwkum, Sama Jigeen.  
Na nga def, Sama Jigeen?

No. Hello Madame?  
Are you well, Madame?

Deedetn, nek kii ma ci jamm rek (well). Ba- beneen yawn!!!

No, I am not well!!! Goodbye!!!  
You do not know the woman!

Xam muloo (not) jigeen kii!

Zut! Mu-ngi jekkl

Darn-it! She is wonderful!

## 14. NUMBERING:

Am-naa benn jafe-jafe (problem).  
Waaw, am nga benn jafe-jafe

I have one problem.  
Yes, you have a problem.

Deedeth, am-nga nyaar (2).  
Am-na nyett (3)

No, you have two (of them).  
He has three.

Am-na nyent  
Am-na (we) jurroom (5)

She has four.  
We have five.

Am nga jurroom jafe-jafe?  
Waaw leggi, am naa jurroom mi jafe-jafe!!

Do you have five?  
Yes now, I have five problems!!!

Xale yi yape (all).  
Xali-yaa jekkl la.

All the children!  
Children are wonderful!

## 15. ASKING:

Nyaata la tereh bi?  
Juroom dollar.

How much is the book?  
Five dollars.

Kii nyaata la  
Nyaata?  
Nyent dollars

How much is this (thing)?  
How much?  
Four dollars.

Fan la?  
Mu-ngi fa  
Deedeth, nekkul (not) fa-leh.

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

Ana (where) wanag (toilet) bi?  
Wanag baa-ngi fa-leh.

Where is the toilet, please?  
The toilet is ove there.

Kee lan (what) la?  
Lan? Baal ma

What is that?  
Pardon. What?

Kee.  
Oh, bi tereh baah (good) na.

That.  
Oh, it is aa good book.

Lan (what) nga buga (want)?  
Buga naa (I) bigue (wine).

What do you want?  
I want the wine, please.

Kan moo fi?  
Nu-ngi fileh

Who is here?  
We are here.

Bu jigeel u kan (who) la (is)?  
Xam ma (know) uma (not)

Who is that woman?  
I do not know.

Zut! Madonna la!  
Lan jigeel la. Mu-ngi jekkl la

Darn-it! It is Madonna!  
What a woman! She is wonderful!

## 16. EVERYTHING - COLLOQUIAL (may need correction):

Maa-ngi fi-lehi.  
Yaa-ngi fa-leh.

I am here.  
You are there.

Mau begg waala (you).  
Da nga buga xalis (money).

I like you.  
You like the money.

Mu-ngi deff lii  
Mu-ngi deff lee

He does this.  
She does that.



Mann (can) degg (speak) na tuuti Wolof  
Mann nga degg amu Mate?

(I) can speak a little Wolof!  
You can not say Mate?

Maa nga ko degg.  
Nga maa ko (me) degg amu (not).

I understand you.  
You do not understand me.

Maa begg (want) dem (go) bar..  
Da nga buga dem wanag (toilet).

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

Am maa wahtu, Sama Jigeen!  
Am nga xalis, Gorr gui on li?

I have the time, Miss!  
Do you have some money, Sir?

Baal ma, naan amu ndoh ci France!.  
Naan vin.

Please don't drink the water in France!!  
Drink the wine.

Na nga def, Eliza?  
Ci jamm rekk, jerejet, Khulu.

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

La rey (big) na, Goon gi?  
Deedeth, la tuuti (small) la, Sama Jigeen.

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

Nga xam amu (not) lee jigeen.  
Zut! Mu-ngi (she) jekkl la!

You do not know that woman.  
Darn-it! She is wonderful!

Waaw leegi, am maa juroom jakejake (problms). Yes now, I have five problems!!!  
Xali yi yape

All the children!

La-leh lan (what) la?  
Baal ma. Lan?

What is that?  
Pardon. What?

La fa na.  
La bon niuthi

There it is.

Zut!!!  
Baah na?

Darn-it!  
OK?

Waaw, la "cool" na.  
Waawi, la cool a!

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

Degg amu Mate!!!  
La na amu cool!!

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

Maa war def-ii.  
Yaa wara def-la leh.

I must do this.  
You must do that

Jekkl?  
Waaw, jekkl-a-nga!

Wonderful?  
Yes you are wonderful!

Ba beneen!

Bye bye, for now!

**Speed reading time - 14 minutes.**

## 17. CLOSING

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

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

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

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

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

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

## 18. NATURAL VOCABULARY:

(without accents)

### a. Greetings/Exclamations:

hello                      good morning, how are you?`                      I am well                      thank you  
**Salaam Maalekum!**   **na-nga-def**   **na nga def?**                      **ci jamm rekk**   **jerejef**

goodbye                      yes                      no/not                      OK                      not too bad                      excuse me  
**ba beneen yawn**   **waaw**                      **deedeth/uma, -u**   **baah na/aca**   **bon-nuthi**                      **baal ma**

Darn-it!                      Merd                      please                      "cool"!!!                      please  
**Darn**                      **Merd**                      **baal ma**                      **cool**                      **baal mar/bi**

### b. Verbs:

to be                      have                      like                      want                      can  
**nek/na/ngi**                      **am**                      **buga**                      **buga/beggi**                      **mann**

do                      say/speak                      go                      come                      give  
**deff**                      **waha/degg**                      **dem**                      **dikka**                      **jax/johe**

take                      eat                      drink                      sleep/go to bed                      know  
**jel**                      **lekkal**                      **naan**                      **nelew**                      **xaml**

understand                      must                      see  
**degg**                      **warr**                      **xhool/gis**

### c. Prepositions:

some                      a                      the                      to                      from                      in  
**ay**                      **benn**                      **bi/lII/kii/baa**   **ci/pur**                      **la**                      **ci**

### d. Pronouns:

I                      you                      he                      she                      we  
**maa/naa/ma**   **yaa/nga**                      **mu/ngi**                      **mu/ngi**                      **nu-ngi**

it                      this                      that                      Mr                      Mrs.  
**la**                      **lII/kii etc.**                      **fii/dai etc.**                      **Goor Gui**                      **Sama Jigeen**  
**fii**

e. Nouns:

money	thing	man	woman/wife	water
<b>xaalis</b>	<b>cose</b>	<b>goor</b>	<b>jigeen</b>	<b>ndoh</b>
car	ticket	book	friend	
<b>motto</b>	<b>biyeh</b>	<b>tereh</b>	<b>xharit</b>	

f. Adjectives/adverbs/Other:

good	bad	big	small	now
<b>baah</b>	<b>bon</b>	<b>rey</b>	<b>tuuti</b>	<b>leegi/ma</b>
later	a little	wonderfull!	happy	easy/dofficult
<b>kanam</b>	<b>tuuti</b>	<b>jekkl/rafet</b>	<b>contan</b>	<b>yomba/jafe</b>
here/there	and			
<b>fi-leh/fa-leh</b>	<b>ag/te</b>			

g. Interogatives:

how much?	where?	what?	who?	when?
<b>nyaata?</b>	<b>fan/ana?</b>	<b>lan/lu?</b>	<b>kan?</b>	<b>kanch?</b>

**Note:** What is this? **Lii lan na?**  
Question? ... na?

h. Numbers:

one	two	three	four	five
<b>benn</b>	<b>nyaar</b>	<b>nyett</b>	<b>nyent</b>	<b>juroom</b>

i. Some survival words:

**WC (wanag), always (saa-yu-ne), fast/slow (koor/yiix), but (waaye), never (muk), please (baal ma), food (ntam), train (ottorai), bus (kaar rapid), home (suwo), work (ligeey), time (wahtu), today (tey), tomorrow (elleg/suba), paper (kayit), newspaper (xibaaru-waay), day (bes/fan), week (bes bu ay), year ( at ), hour (wahtu), minute (minit), hamburger (hamburger), McDonalds (McDonalds), think (xalat), read (jonga), write (binda), laugh (ree), dance (fecc), later (kanam), stop (sacc), policeman (alkaati), six (juroom-benn), seven (juroom-nyaar), eight (juroom-nyett), nine (juroom-nyent), ten (fukk), hundred (teemeer), thousand (junni) .... mate (mec) ... bye bye for now (ba beneen)!!**

## 19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanaqdoo.fr)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

## 20 - DAILY MINI PHRASE BOOK

(Challenge: write out a copy ... and chat with everyone - speed reading 4 minutes)

### BASICS:

Thank you.

Hallo

Yes/no

Please

Excuse me

OK!

**Jerejef**

Salaam Maalekum/Na-nga-def

Waaw/deedeth

Baal ma

Baal ma

Baah-na!

### INTRODUCTIONS:

Good morning

Good-bye.

My name is ...

What is your name?

How are you?

Fine thanks

And you?

Na-nga-def

Ba beneen yawn

Maa-ngi tudd ...

Na nga tudd?

Na nga def?

Ci Jamm rekk.

Yow nag?

How is the family?

They are fine

Where do you come from?

I'm from:

France

England

America

I work with:

UN

Red Cross

Nokia

Naka waa kër ga?

Nu nga fa rekk

Fan nga joge?

Maa-ngi joge:

France

Angalteer

Amerig

Maangi ag sama...:

ONU

Croix Rouge

Nokia

### QUESTIONS:

I must do this.

Yaa wara deff la-leh.

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is it?

Can you help?

What does this mean?

Maa war deff lii.

You must do that.

Kanch/Naka?

Tan/Lu tax?

Kan/???

Ana ...?

Fan laay gis (find) ...?

Nyaata?

Mann nga ma dimbale (help)?

Lii lu muy tekki?



## UNDERSTANDING:

I understand

I don't understand.

Please say that again..

Can you translate this?

Can I have...?

Do you speak:

english/spanish?

I don't speak Wolof

I speak a little Wolof.

Maa degg.

Maa deg amu

Dites cela encore une fois, svp

Mann (can) nga ma tekkil lii (this)?

Mann naa am (have) ...?

Degg (speak) nga ...:

Angala/Wolof?

Degg u-ma (not) Wolof.

Degg tuuti Wolof

## COMMENTS:

It's:

better/worse

big/small

cheap/expensive

good/bad

hot/cold

near/far

right/wrong

OK!

... na:

gen/gen bon

rey/tuuti

yomb/bare

hax/bon

tang/sedd

jage/sore

job/jod b-badi

Bah na!

## FOOD:

I like:

breakfast

lunch

dinner.

May I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

I want to pay now.

I think there is a mistake.

We enjoyed it.

Da ma buga:

ndekki

anch

reer

Da ma buga;

mburu/beurre

du fromage

des oeufs

yappu/pombiteer

pom/soraas

kafe/attaata

meew

njar

ndoh/samsam

Da ma buga fay (pay).

Yaakaar naa ni danga juum ci njegli.

Beg nanu (we).

## TRANSIT:

Where is the nearest shop?	Ana jaba (shop) bi-gen-jage (nearest)?
Where is a taxi?	Ana taksi?
How much is it to ...?	Nyaata la (go) ba ...?
Take me to this address.	Yobbu ma ci dekkuwaay bii.
Please stop here.	Baal ma (please) tauamal fii (here).
This is not the right road.	Ceci n'est pas le bon chemin.
Go straight ahead.	Tallalal.
It's there, on the:	Fee la (there) ci sa:
left/right	common/ndey joor
next to/after	dend ag/en rombe
north/south	hej gannaa/hej ganjool
east/west	penku/sowu
Where is the:	Fan la , , , ?
bank	bank?
pharmacy	farmasi?
toilet?	wanag?

## SHOPPING:

Do you have ...?	Am nga ...?
How much is this/that?	Lii nanta ko?
I will take it.	Di naa ko jel (take).

Colours?	Kuloor?
Black	nuul
Blue	bulo
Red	sonxx
White	wees
Yellow	puur
Green	ngcel

I want to buy:	Da ma buga jend (buy):
aspirin	asporo
soap	saabu
half kilo apples	genn wallu kilo pom
litre of milk	bene liitarr meew
film/newspaper	pelikiil/xibaaru-wayl

**TELEPHONE:**

Hello, this is ...

Please speak:

louder

slowly

I want to speak to:

Mr.

Mrs.

When will he be here?

Ask him to telephone m

Jama ngam, man la ...

Baal ma, waxal:

plus fort

ndank

Da ma buga waxa ag (with):

Goor Gi

Sama Jigeen

Kan (when) lay dellusi?

Waxal ma-ko nme woote naa

**TIME:**

Do you have enough time?

What time is it?

The time now is:

five past one

quarter after three

twenty past five

half past seven

Nga wahtu am?

Ra waxtu o jot?

Waxtu:

benn (1) waxta tegal na juroomi (5) minit

nyett (3) waxty tegal na fukki (10) minit ag juroom (5)

juroomi (5) waxtu tegal na nyaar-ukki (20) minit

juroomi-nyaar (7) waxrtu ag gene-wala (half)

**MEETINGS:**

See you next time!!

today

tomorrow

next week

in the morning

in the evening

tonight

You are right/wrong.

That is right

Ba beneen ...

tey

elleg/suba

la semaine prochaine

ci suba

ci ngoon

ci guddi

Da nga siame/fosa.

Lii siame na.

**LOCATIONS:**

Here/there

At the UN office

Is it near/far

How much time?

Fi-leh/fa-leh

Ci offisi'ONU

La joge/sore na?

Nyaata wahtu?

# FREE DOWNLOAD

## **Wolof Dictionary**

by Sierra Dem, Peace Corps, 1995.

The Wolof-English Dictionary is 76 pages long, and is available in PDF format.

[wollof.pdf](#) - 620 KB

## **Wolof Grammar Manual**

by Sierra Dem, Peace Corps, 1995

The Wolof Grammar Manual is 73 pages long and is available in PDF format.

[wolfgram.pdf](#)

## 21. PLAY QUIZ

(Challenge - Test your instincts ... associate phrases ... mixed up in groups of four)

- |                           |                          |
|---------------------------|--------------------------|
| a. I am well              | Jerejef.                 |
| b. Excuse me              | Ci jamm rekk.            |
| c. Thank you.             | Baah na                  |
| d. OK                     | Baal ma.                 |
| e. That is right          | Da ma buga jend          |
| f. I want to buy:         | Lii siame na             |
| g. Hello                  | Salaam Maalekum          |
| h. How are you?           | Na nga def?              |
| i. Can I have ...?        | Pas de problème.         |
| j. I speak a little Wolof | Bien venue chez vous.    |
| k. So sorry to bother you | Mann naa am ...?         |
| l. No bother              | Degg tuuti Wolof         |
| m. Yes                    | Yaa wara deff la leh     |
| n. Please                 | Maa-ngi tudd ...         |
| o. My name is ...         | Baal ma.                 |
| p. You must do that.      | Waaw.                    |
| q. How much is that?      | Fan wanag naa?           |
| r. Where is the toilet?   | Nyaata kee?              |
| s. Where/when/why?        | Fan/kanch/lu tax?        |
| t. What time is it?       | Ra waxtu o jot?          |
| u. I want to speak to ... | Baal ma, waxal ndank     |
| v. I do not understand    | Lii lu muy tekki?        |
| w. What does this mean    | Da ma buga waxa ag ...?. |
| x. Please speak slowly    | Maa degg amu.            |
| y. See you next time      | Incah Allah              |
| z. God willing!           | Ba beneen.               |

Answers: In the Berlitz Africa Phrasebook ... which is now your good friend...

**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 - Do 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 SPEAK with the tape and RECORD your efforts. 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. 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 UNHCR

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

English	Pashto	Dari	Wolof
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxldy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhhat	
Hospital	roghtun	shafakhana	
House	kor	khana/kor	
HQ	mankaz	mankae	
Human rights	dd bashar hakkuna	hokuk e bashar	
Husband	mehra	shwahan	
Lamp	dewan	tsheragh	
Legal protection	kaanuni saatdna	hymayat e kanoun	
Malnutrition	bada ghdzaa	sou-e taghziya	
Material assistance	maadi komak	komak-e mawadi	
Ministry	wdzaarat	wezarat	
Nutrition	ghdzaa	taghziya	
Pain - days/weeks	dard worat	dard e ruz/hafta	

Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/sterguee	dard e goch/cheshom
Pain - hands/feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e-police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya
Voluntrary repatriation	pd rdzaa-sara berta	legal bar-gasht-d yraadi
War	jagara	jangue
Water	aaba	aab
Wife	kaza	zawja/khanom



## APPENDIX C - BRIEF GRAMMAR

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

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

MAA ngi (am) fi-leh (here).

XALI baa (the) ngi (is) fi-leh.

Xali BI-MU (he) ngi fi-leh?

I am here.

The CHILD is here.

Question - is the child here?

### 2. Articles:

BENN xali ngi fi-leh.

A child here is.

### 3. Nouns:

Xali-YAA ngi fi-leh.

Xaki BU-BAAH baa ngi fi-leh.

MU-ngi xali la.

Child-REN are here.

The GOOD child is here.

HE is a child.

### 4. Possession:

SAMA-DOM xali la.

He is MY child.

### 5. Relative:

Xali LO fi-leh.

The child WHO here is.

### 6. Demonstrative:

Xali BEE-MU ngi fi-leh.

Xali BA-LEH mung fa-leh.

THIS child is here.

THAT child is THERE.

### 7. Interrogatives:

Lii (this) LAN la (is)?

Kee (that) KAN la?

ANA xali bi (is)?

NYAATA la tereh bi?

WHAT is this (thing)?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

### 8. Imperatives:

DE-FAL lii!

DIKKA fi-leh!

DO this!

COME here!

### 9. Negatives:

Waaw, maa AM tereh (book).

Deedet, maa am AMU tereh.

Dikka AMU fi-leh

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

### 10. To be, have and want:

Maa ngi/am-naa/begga-naa

Yaa nga/am-nga/bugga-nga

Mu-ngi/am-na/bugga-na

I am/have/want

You are/have/want

He is/has/wants

**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 AUD 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 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, Preveessin, 01280 France or email: robertboland@wanadoo.fr from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

## THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Insert Wolof ... and then discuss with a natural speaker)

1. A/an WOLOF????	2. After	3. Again	4. All	5. Almost
6. Also AUSSI	7. Always TOUJOURS	8. And ET	9. Because PARCE QUE	10. Before AVANT
11. Big GRAND	12. But MAIS	13. I can JE PEUX	14. I come JE VIENS	15. Either/or OU/OU
16. I find JE TROUVE	17. First PREMIER	18. For POUR	19. Friend AMI	20. From DE
21. I go JE VAIS	22. Good BON	23. Goodbye AU REVOIR	24. Happy HEUREUX	25. I have J'AI
26. He IL	27. Hello BONJOUR	28. Here ICI	29. How COMMENT	30. I JE/MOI
31. I am JE SUIS	32. If SI	33. In DANS	34. I know JE SAIS	35. Last DENIER
36. I like JE VEUX	37. Little J'AIME	38. I love JE FAIS	39. I make BEAUCOUP	40. Many
41. One UN	42. More PLUS	43. Most LE PLUS	44. Much BEAUCOUP	45. My MON
46. New NEUF	47. No NON	48. Not NON	49. Now ALORS	50. Of DE
51. Often SOUVENT	52. On SUR	53. One UN	54. Only SEUL	55. Or OU
56. Other AUTRE	57. Our NOTRE	58. Out DEHORS	59. Over SUR	60. People GENS
61. Place ENDROIT	62. Please SI VOUD PLAIT	63. Same QUELQUE	64. I see JE VOIS	65. She ELLE
66. So DONC	67. Some QUELQUE	68. Sometimes QUELQUE FOIS	69. Still ENCORE	70. Such COMME CA
71. I tell JE DIS	72. Thank you MERCI	73. That QUE	74. The LE/LA	75. Their LEUR
76. Them EUX	77. Then DONC	78. There is IL Y A	79. They ILS/ELLES	80. Thing CHOSE
81. I think JE PENSE	82. This CE	83. Time TEMPS	84. To A	85. Under SOUS
86. Up EN HAUT	87. Us NOUS	88. I use J'TILISE	89. Very TRES	90. We NOUS
91. What QUEL	92. When QUAND	93. Where OU	94. Which LEQUEL	95. Who QUI
96. Why POURQUOI	97. With AVEC	98. Yes OUI	99. You VOUS	100. Your VOTRE

## **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: robertboland@wanadoo.fr. So, and from now on - relax and remember!!**

