

CRE - CREATIVE RELAXATION EXERCISE

CRE 308 – XHOSA FROM ENGLISH

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

Source: Paula and Nomakhosi Ntuma and Lungelwa Ciliba(GSB/UCT).

Audio: 30 minutes - freely available from: www.crelearning.com

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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 now absorb some basics ...

Thank you.	Enkosi
Hallo	Molo
Please	Nceda
Excuse me	Uxolo
Good morning	Molo
My name is ...	I-gama (name) lam ndi-ngu (is)...
What is your name?	Ngubani (what) i-gama lakho (your)?
How are you?	Unjani wena?
I am well, thanks	Ndi-philile. Enkosi

So now ... start to chat ... with everyone ... on we go ... together ...

SIMPLE THROAT EXERCISE - 16 KEY WORDS

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

Thank you	En-ko-si	EN-KO-SSEE
Hello	Molo	MOW-LOW
Mr.	Um-num-zana	OOM-NUUM-ZAANA
Mrs.	N-kosi-kazi	NNN'KOSY-KAAZI
Yes	Ewe	A-WAY
No	Hayi	HAA-YEE
Good	Lun-gile	LLUUN-GEELAY
Please	N-ceda	NNN-SSEDDAA
Do you have?	U-na-yo?	UUU-NAAA-YOH?
Goodbye	U-sale-kak-uhle	UU-SARLE- KAAKH-UULLAY
See you soon!	Sak-ube siph-inde!	SAAK-UUBI-SEEP-EENDI!
Who?	Ngu-bani?	NNGG-GOO-BAA-NEE
What?	In-toni?	EEN-TTOE-NEE
I want	Ndi-funa	NNDDEE-FOO-NAA
Where?	Phi?	PEE
OK!	Ku-lun-gil-e!	KOO-LUN-GEE-LAY

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

NATURAL SUGGESTIONS

Feel FREE to use CRE in any way ... that only YOU know ... will suit YOU best ... and allow you ... to relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minutes... of new natural language ... which WILL become part of you ... intuitively ... without effort ... in the future ... !

So RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one week ... of PLAYING with the natural language ...

Our natural suggestions for the week are:

Day 1 – SPEAK AND HAVE FUN with the TAPE – 30 minutes ... (www.crelearning.com) in the DARK ... relaxed in any way that you know best ... just BEFORE sleeping for the night ...

Day 2 – STUDY the text (Sections 2-16). Then SPEAK LOUDLY with the tape. Do SPEED READING (2-16) in 14 minutes (recorded if possible).

Day 3 – SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in 12 minutes.

Day 4 – SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing or shouting!

Day 5 - STUDY the Mini-phrase Book. Then do it as SPEED READING in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!.

Day 6 – SPEED READING (2-16) ... in 8 minutes. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the tape with fun and confidence. Email your feedback to robertboland@wanadoo.fr. Plan reinforcement (Appendix A)

NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR 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!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERYWORD.
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 happily ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... as 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 your 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 ... 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 ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as its fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special... "Xhosa Place" ... in your mind ...

2. HERE AND THERE:

Ndi- lapha (here).

I am here.

U-lapho)there).

You are there.

U-lapho na (question)?

Are you there?

Ewe (yes) u-lapho.

Yes, you are there.

U-lapha na (question)?

Are you here?

Hayi, a (not) -wuk-ho apha.

No, you are not here.

I (it is) -lapha.

It is here.

I-phi?

Where is it?

I-lapha (here) .

It is here.

I- lapho na (question) ?

Is it there?

A (not)-ndi-yazi (know).

I do not know.

Uphi Miguel?

Where is Miguel?

A (not) -kakho apha..

He is not here.

Uphi?

Where is (he)?

A-ndi-yazi (know).

I do not know.

Shu! Nan (there)-ku-ya!

Darn! There he is!

U-ngu mmangaliso (wonderful)!

He is wonderful!

3. LIKING:

Ndi-thanda (like) wena.

I like you.

U-ya-ndi-thanda (like) mna (me)?
Ewe, ndi (I) -thanda wena (you)
U (you) -thanda imali na?
Ewe (yes), ndi-thanda imali (money).

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

Ndi-thanda (like) amanzi (water).
Wena (you) u-thanda amanzi.
Ndi-thanda ezinye (some) iincwadi.
Yena u-thanda imoto (car).
Yena a (not) -ka-thandi imoto.

I like water.
You like water.
I like some books.
He likes the car.
She does not like the car.

Wena u-thanda (like) isidlo sango-kuhlwa?
Hayi a (not) -ndi-si-thandi isidlo sango-kuhlwa.
Oh. Shu. Tshani!
Nceda, suku-thi (say) Tshani

Do you like the dinner?
No, I do not like the dinner.
Oh. Darn! Tshani!
Please do not say Tshani!

4. DOING:

Mna (I) ndi-y-enza (do).
Ndi-yenza (do) -lento.
Wena ((you) u-yenza.
Wena u-yenza lonto (that).
Thina (we) s-enza lonto.
Kwaye (and) si (we) -ya-vuya (happy).

I do.
I do this.
You do.
You do that
We do that
And we are happy.

Yo-na i-lula (easy)?	Is it easy?
Ewe, a (not) -yikho nzima (difficult).	Yes, it is not difficult.
Wena wenza (do) lonto (that)?	Do you do that?
Yenza (do) lonto, nceda (please)!!!	Do that, please!!!
Shu!!!	Darn!!!
Yona (it) ngu-mmangaliso	It is wonderful!

5. CAN/ABLE TO DO:

Mna, ndi-nga (can)	I can
Ndi-nga?	Can I?
Ewe, ndi-nga.	Yes, I can.
Wena u-nga (can) -yenza (do) lento (this)?	Can you do this?
Ewe, ndi (I) -nga-yenza lonto (that).	Yes, I can do that.
Ndi-nga tya (eat) ka-ncinci (little).	I can eat a little.
Ndi-nga sela (drink) ka-ncinci.	I can drink a little.
Ndi-nga hamba (go).	I can go.
Ndi-ngeza (come).	I can come.
Ndi-nga (can) lala.	I can sleep.
Wena u-nga (can) thetha (speak).	You can speak.
U-nga thetha?	Can you speak?
Ewe, ndi-nga (can).	Yes, I can.

U-nga-yenza (do) lento?	Can you do this?
Hayi, a (not) -ndi-nge-(can) yenzi lonto.	No, I can not do that.
U-ya qonda (understand) ?	You can understand?
U-nga qonda?	Can you understand?
Ewe, ka-ncinc (little).	Yes, a little.
U-nga thi (say) Tshani?	Can you say Tshani?
Ewe, ndi-nga-(can)-si-thetha (speak) kancinci isi-Xhosa!	Yes, I can speak a little Xhosa!
Shu! Ndi (I) -ngu-mmangaliso!	Darn! I am wonderful!

6. UNDERSTANDING:

Mna ndi-ya-qonda.	I understand.
A (not) -ndi-qondi.	I do not understand.
Wena uya-qonda.	You understand.
A-wu-qondi (understand).	You do not understand.
U-yaba-qonda abafazi (women)?	Do you understand women?
Hayi. Hayi. A (not) -ndi-ba-qondi bona (them)!!!	No. No. I do not understand them!!!
Oh. Shu! Tshani!	Oh. Darn! Tshani!
Suku-thi Tshani! Nceda (please).	Please do not say Tshani!
Wena ungu-mmangaliso!	You are wonderful!

7. WANTING:

Mna ndi-funa. (want).	I want.
-----------------------	---------

Ndi-funa uku-tya (eat) kancinci (a little).	I want to eat a little.
Ndi-funa uku-sela (drink) amanzi.	I want to drink the water.
Ndi-funa uku-ya (go) kwindlu (to) yangasese!!	I want to go to the toilet!!!
Wena u-funa uku-tya (eat) ka-ncinci na?	Do you want to eat a little?
Hayi, a-ndi-funi uku-tya (eat).	No, I do not want to eat.
Shu! Ndi-funa (want) u-ku-nika (give) intwana (some)	Darn! I want to give you a bit.
Hayi (no) , enkosi.	No, thank you.
Ndi-funa uku-za (come).	I want to come.
U-funa (want) uku-lala (sleep) nam (with me)?	Do you want to sleep with me?
Hayi, a-ndi-funi ku-lala (sleep).	No, I do not want to sleep.
Miguel, u-funa uku-tya amasele (frogs) na?	Miguel do you want to eat the frogs?
Shu! Hayi ngoku (now), enkosi!	Darn! Not just now, thank you!
Si-ngu mmangaliso!	We are wonderful!

8. GETTING:

Ndi-(me) nike (give) -imali (money), nceda.	Please give me the money
Thatha imali, nceda.	Please take the money.
Ndi-thatha (take) imali.	I take the money.

Ndi (to me) -nike (give) -i-tikiti, nceda.

Please give me the ticket.

Thatha (take) i-tikiti, nceda.

Please take the ticket.

Ndi-thatha i-tikiti..

I take the ticket.

Ndi-nike-into (thing), nceda

Please give me the thing.

Iphi (where) into?

Where is the thing?

A-ndi-yazi.

I do not know.

Ndi-niki (give me)-indoda, nceda!

Please give me a man!

Shu!!! Intoni umfazi!!

Darn-t!!! What a woman!!

Yena (she), u-ngu mmangaliso!

She is wonderful!

9. HAVING:

Ndi-ne-(have) -nto (thing) enye (one).

I have one thing.

A-ndi-na-nto enye (one).

I do not have one thing.

U-ne-nto enye.

You have one thing.

Si (we) -ne-nto enye.

We have one thing.

Yena, u-ne-nto enye.

She has one thing.

Mna, ndi-ne xesha (time) eli-ncinci, Nkosazana!

I have a little time, Miss!

Kodwa, u-na-yo (have) imali encinci, Mnumzana?

But, do you have a little money, Sir?

Hayi.

No.

Oh. Tshani!

Oh. Tshani!

Suku-thi (say) Tshani, nceda.

Please do not say Tshani!

10. ORDERING (POLITELY):

Ndi-phe (to me give) lento, nceda.

Please give me the thing.

Ndi-phe i-mali (money), nceda.

Please give me the money.

Ndi-phe amanzi (water), nceda.

Please give me the water.

Enkosi.

Thank you.

Suku-sela (don't drink) amanzi eFrance, nceda!!

Please don't drink the water in France!!

Sela (drink) i-wayine.

Drink the wine.

Yi-za (come) apha, nceda.

Please come here.

Yi-ya (go) phaya, nceda.

Please go there.

Sela (drink) lento (this) nceda.

Please drink this.

Suku-tya (not eat) lonto, nceda!

Do not eat that!

Ndi (to me) -nike (give) lento, nceda.

Please give me this.

Suku-thatha lonto, nceda.

Please do not take that.

Yi-thi (say) lento nceda.

Please say this.

Suku-thi Tshani, nceda.

Please do not say Tshani!

Shu! Enkosi. Wena u-ngu mmangaliso!

Darn! Thank you. You are wonderful!

11. GREETING: POLITE AND SLANG

Molo Michelle.

Hello Michelle.

Mdo Paula.

Hello Paula.

Molo Miche.

Good morning Miche.

Iwu Sancos.

Good morning Sancos.

Unjani wena, Eliza?

How are you, Eliza?

Ndi-khona (well) enkosi, Khulu.

I am well, thank you, Khulu.

Unjani na, Xavier?

How goes it, Xavier?

Ndi-khona enkosi, Miguel.

OK , thank you Miguel.

U-hambe (go) kakuhle, Giles.

Goodbye Giles.

U-sale (leave) kakuhle, Judith.

Bye bye Judith.

Ewe ku-lungile, Hollie

Yes OK, Hollie.

I- ngu-mmangaliso, Heidi!

It is wonderful, Heidi!

Ku-lungile, Sam.?

OK Sam?

Ewe ku-lungile, Lucie.

Yes OK, Lucie.

A-ku-kubanga (not bad) kangako ,, Henri.

Not too bad, Henri.

Uya-phila si-thandwa?

Are you well, my darling?

Hayi!!!

No!!!

Shu! Yena u-ngu mmangaliso!

Darn! She is wonderful!

12. DESCRIBING:

I (it is) -lungile,

It is good.

A-yi-lunganga.

It is not good.

I-mbi.

It is bad.

Yi-ncwadi.

It is a book.

I-nkulu?

Is it big?

Hayi, I-ncinane.	No, it is small.
I-lula?	Is it easy?
Hayi, I-lukhuni.	No, it is hard.
Amanzi (water) a-lungile na?	Is the water good?
Hayi, amanzi (water) awa-lunganga eFrance	No, the water is not good in France
Oh Tshani!!!	Oh Tshani!!!
Suku-thi Tshani, nceda.	Please do not say Tshani!
Thina (we) siya-mangalisa na?!!!	Are we wonderful?!!!
Shu! Ewe!!	Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ndi-ya-yazi (know) lento.	I know this.
U-ya-yazi lento (that) ?	Do you know this?
Ewe ndi-ya-yazi lento.	Yes, I know this.
Wena, u-ya-yazi lento.	You know that.
U-ya-yazi lento na (question)?	Do you know that?
Hayi a (not) -ndi-yazi lento.	No, I do not know that.
Ndi-ya-mazi la-mfazi	I know that woman.
Ndi-ya-yazi indoda.	I know the man.
Yena, u-yandazi (know) mna (me).	He knows me.
U-yamazi (know) la mfazi na?	Do you know that woman?

Hayi. Molo Nkosikazi?

U-philile na, Nkosikazi?

Hayi. A-ndi-philanga(well)!

Hamba ka-kuhle! Wena a-ku-mazi
(know)

Shu! Yena u-ngu mmangaliso!

No. Good morning Madame?

Are you well, Madame? lo/yena!

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

You do not know her!

Darn! She is wonderful!

14. NUMBERING:

Ndi-ne- (have) -gxaki (problem) enye
(one)

Wena, u-ne-(have) -ngxaki

Hayi, u-na-zo zimbini.

Yena, u-na-zo zintathu.

Yena, u-na-zo-here zine.

I have one problem..

Yes, you have a problem.

No, you have two (of them).

He has three.

She has four.

Si-na-zo zi-ntlanu (5).

U-na-zo zontlanu na?

Ewe, ngoku (now) ndi-ne ngxaki ezi-
ntlanu!!

Bonke (all) aba-ntwana!!

Aba-ntwana baya-mmangalisa!

We have five.

Do you have five?

Yes now, I have five problems!!!

All the children!

Children are wonderful!

15. ASKING:

Yimalini incwadi (book) ?

Zi-dalar ezintlanu (5).

How much is the book?

Five dollars.

Yimalini le-nto (thing)?	How much is this thing?
Yimalini??	How much?
Zi-dalar ezine (4).	Four dollars.
I - phi (where) ?	Where is it?
I - lapho.	It is there.
Hayi, a-yi-kho apho.	No, it is not there.
I-phi (where) indlu yangasese (toilet), nceda?	Where is the toilet, please?
Indlu yangasese i-pha-ya.	The toilet is over there.
Yintoni leyo (that) ?	What is that?
Uxolo. Intoni?	Pardon. What?
Leya/leyo.	That.
O, y-incwadi (book) -elungi-leyo (good).	Oh, it is a good book
U-funa ntoni (what)?	What do you want?
Ndi-funa (want) iwayini, nceda	I want the wine, please.
Ngubani (who) o-lapha?	Who is here?
Thina (we) si-ng-apha..	We are here.
Ngubani la (that) mfazi?	Who is that woman?
A-ndi-mazi (know).	I do not know.
Shu! Yena, u-ngu (is) Madonna!.	Darn! It is Madonna!
Ntoni umfazi! Yena, u-ngu mmangaliso.	What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - POLITE AND SLANG:

Ndi-lapha.	I am here.
Wena,, u-lapho.	You are there.
Ndi-thanda wena..	I like you.
U-thanda imali.	You like the money.
Yena, wenza (does) lento.	He does this.
Wenza lonto (that).	She does that.
Ndi-nga si-thetha (speak) ka-ncinci isi-Xhosa!	I can speak a little Xhosa!
Wena, a-ku-kwazi-(cannot)-uku-thi (say) Tshani?	You can not say Tshani?
Ndi-ya ku-qonda wena (you).	I understand you.
Wena, a-ku-ndi-qondi mna (me).	You do not understand me.
Ndi-funa (want) uku-ya (go) e-barini.	I want to go to the bar.
Wena u-funa uku-ya kwindlu yangasese (toilet)	You want to go to the toilet.
Mna, ndi-ne (have) xesha (time) elincinci, Nkosazana!	I have a little time, Miss!
Kodwa, u-ne-(have) -mali encinci, Mnumzana?	But, do you have a little money, Sir?
Suku-sela (not drink) amanzi eFrance, nceda!!	Please don't drink the water in France!!
Sela l-wayine.	Drink the wine.
Sela l-wayine.	Drink the wine.
Unjani wena, Eliza?	How are you, Eliza?
Ndi -khona enkosi, Khulu.	I am well, thank you, Khulu.

I -nkulu (big) na?	Is it big?
Hayi, i-ncinane.	No, it is small.
Wena a (not)- ku-mazi (know) yena (her)!	You do not know her!
Shu! Yena u-ngu mmangaliso!	Darn! She is wonderful!
Ewe, ngoku ndi (I)-ne- ngxaki ezi-ntlanu (5).	Yes now, I have five problems!!!
Aba-ntwana bonke (all)!	All the children!
Yi-ntoni (what) leyo?	What is that?
Uxolo. Intoni?	Pardon. What?
Nantsi-ya.	There it is.
A-yi-mbanga.	Not bad.
Shu!!!	Darn!
Lungile?	OK?
Ewe i yi "cool".	Yes, it's cool!
Ewe, iyi izinga	Yes, it's cool! (classy)
Ewe, i yi qobelo	Yes, it's cool! (upper class)
Suku -thi Tshani, nceda.	Please do not say Tshani!
I yi yo qobelo	It is not cool (upper class)!!!
Ndi-fanele-(must)- uk-wenza (do) lento.	I must do this.
Wena u-fanele uk-wenza (do) lanto (that).	You must do that
Ummangaliso.? U-yaseta?	Wonderful?
Ewe, wena uyaseta	Yes you are wonderful!

Sala kakuhle, okwa-ngoku!

Sani.

Ndakubona, sani.

Sakube siphinde sibona-ne!

Bye bye, for now!

Bye bye, for now!

Bye bye, for now!

Be seeing you soon!!

Note: Speed reading 14 minutes

17. CLOSING

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

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

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

You will feel well ... and you will begin ... to feel confidence ... 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 ... "English 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 ... in Bayonne, France On August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

hello	good morning	how are you?	I am well	thank you
molo	molo	unjani wena?	ndi-khona	enkosi
goodbye	yes	no	OK	not too bad
U-sale	ewe	hayi/cha	ku-lungile	kukubanga kangako Kakuhle
darn!	Tshani!	there it is!	"cool"!! !	
Shu!	Tshani!	nantsiya?	qobelo/zinga	

b. Verbs: **uku-**

to be	have	like	want	can
-hona	-na	-thanda/-cela	-funa	-nga/-naku
do	say/speak	go	come	give
-enza	-thi/-thetha	-ya/-hamba	-za/-vela	-nika/-pha
take	eat	drink	sleep/go to bed	know
-thatha	-tya	-sela	-lala	-azi

understand	must	get	find
-qonda/yeva	-mele	-fumana	-funa

c. Prepositions

some	a	the	to	from
-ntwana	i	le	ku/ye/za	ku/e

d. Pronouns

I	you	he	she	we
Mna/ndi	wena.u/nina	yena/u	yena/u	thina/si
it	this	that	Mr	Mrs.
yona/l	lo/eli etc	lowa, eliya etc	Umnumzana (Mnu)	Nkosikazi (Ksk)

e. Nouns

money	thing	man	woman/wife	water
imali	into	indoda	umfazi	amanzi
car	ticket	book	friends	friend
imoto	itikiti	incwadi	abahlobo	umhlobo

f. Adjectives/adverbs/Other

good	bad	big	small	now
-lungile	-lunganga	nkulu	ncinane	ngoku
later	a little	wonderful!	happy	easy/difficult
emva	ncinci	mmangaliso	vuya	lula/nzima
here	there			
apha/nantsi	apho/nantso			

g. Interrogatives

how much?	where?	what?	who?	when?
Malini?	-phi?	-ntoni?	Ngubani?	nini?

Note: What is this? **Yintoni lena?**
Question? **na? (what sometimes omitted)**

h. Numbers

one	two	three	four	five
i-nye	zi-mbini	zi-thathu	zi-ne	zi-ntlanu

i. And some survival words:

always (soloko)	paper (I- phepha)
be seeing you soon (sakube siphinde sibona-ne)!	please (nceda)
bus (I-bhasi)	policeman (ipolisa)

but (kodwa)	read (funda)
bye bye (u-hambe u-mligane)	seven (zi-sixhenxe)
dance (danisa)	six (zi-thandathu)
day (usuku)	stop (ima)
eight (zi-sibhozo)	ten (zi-lishumi)
fast/slow (ngokukhawuleza/cothisa)	think (cinga/cabanga)
food (ukutya)	thousand (iwaka)
hamburger (hamburger)	time (ixesha)
home (I-khaya)	today (namhlanje)
hour (I- yure)	tomorrow (ngo-mso)
hundred (ikhulu)	train (i-train)
later (mva)	tshani (u-mhlobo/u- mligane)
laugh (hleka)	WC (yangasese)
minute (umzuzu)	week (I-veki)
never (zange)	work (umsebenzi)
newspaper (I-phephandaba)	write (bhala)
nine (zi-lithoba)	year (unyaka)

19. NATURAL FEEDBACK AND NEW IDEAS

(to robertboland@wanadoo.fr)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

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

BASICS:

Thank you	Enkosi
Hallo	Molo
Yes/no	Ewe/Hayi
Please	Nceda
Excuse me	Uxolo

INTRODUCTIONS:

Good morning	Molo
Good-bye	Hamba (go) ka-kuhle (well)
My name is ...	I-gama (name) lam ndi-ngu (is)...
What is your name?	Ngubani (what) i-gama lakho (your)?
How are you?	Unjani wena?
I am well, thanks	Ndi-philile. Enkosi (thanks)
And how are you?	Unjani wena (you)?
Where do you come from?	U-vela (come) phi (where) ?
I'm from:	Ndi-vela (come) ...:
France	eFrance
England	eNgilane
America	e-AMerika

I'm with:

UN

Red Cross

Nokia

Ndi-no/ne (with) ...:

UN

Red Cross

Nokia

QUESTIONS:

When/how?

What/why?

Who/which?

Where is ...?

Nini?/Njani?

Ntoni?/Ngoba?

Bani?/Yiphi?

Uphi/lphi...?

Where can I get ...?

How much is it ?

Can you help me?

(What) does this mean?

Ndi-nga (can)-yi-fumana (get) -phi (where)...?

Yi-malini?

U-nga-ndi (me)-nceda (help)?

I-thetha uku-thini (mean) lento (this)?

UNDERSTANDING:

I understand

I don't understand

Please say that again..

Can you translate this for me?

Can I get ... ?

You know how to speak:

English/Xhosa?

I don't speak Xhosa

I speak a little ...

Ndi-ya-qonda

A-ndi-qondi

Nceda (please) phinda kwa-khona

U-nga (can)-ndi-guqulela (translate) lento (this)?

Ndi-nga (can)-fumana (get)-na...?

U-yasi (know)-thetha (speak) ?:

IsiNgesi/isiXhosa

A-ndi-si-thethi (speak) i-siXhosa

Ndi-thetha kancinci (a little)

COMMENTS:

It's:

right/wrong
better/worse
big/small
cheap/expensive
good/bad
hot/cold
near/far

I ...:

lungile/lunganga
ngcono/mbi
nkulu/ncinane
fikeleleka/ixhomile
lungile/lunganga
shushu/banda
kufuphi/kude

FOOD:

I like:

breakfast
lunch
dinner

Ndi-thanda (like) ...:

isidlo (meal) sakusasa
isidlo sasemini
isidlo sasebusuku

May I have some (I can get some):

bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee
milk
fruit juice

Ndi-nga-(can)-yi-fumana (get) intwana:

yesonka/yebhotolo
isonka samasi
amaqanda
nyama/iitapile
apile/orenji
I-kofu
u-bisi
incindi (juice) ye-ziqhamo (fruit)

water

amanzi

tea

i-ti

I want to pay now

Ndi-funa (want) uku-bhatala ngoku (now)

I think that you make a mistake

Ndi-cinga (think) ukuba w-enze (make) impazamo (mistake)

Thank you

Enkosi

TRANSIT:

Where is the nearest shop?

Iphi (where) ivenkile (shop) eku-futshane?

Where can I get a taxi?

Ndi-nga- (can) yi-fumana (get) phi I-taxi ?

How much to go to ...?

Y-imalini uku-ya (go) e ...?

Take me there

Ndi – (me) thathe- (take) undise apho (there).

Please stop here

Nceda misa (stop) apha

This is the wrong road

Le yindlela (road) engalunganga

Go straight ahead

Hamba ngqo ngomgaqo (ahead)

It's there, on the:

I-lapho (there) e-(on)... :

left/right

ekhohlo/ekunene

next to/after

ecaleni kwe/emva

north/south

kumantla/kumazantsi

east/west

empuma/entshona

Where is the:

Iphi-:

town centre?

u-mbindi dolophu (town)?

pharmacy?

i-khemesti?

SHOPPING:

Do you have any ...?

Ngaba u-nayo (have) ...?

How much is this?

Yimalini lento (this)?

I will take it

Ndi-za kuyi-thatha (take)

What colours have you?

M-ibala (colours) mini (what) o-nayo (have)?

Black

Mnyama

Blue

Luhlaza

Red

Bomvu

White

Mhlope

Green

Luhlaza okwengca

I want to buy:

Ndi-funa uku-thenga (buy):

aspirin

aspirini

soap

i-sephu

half kilo apples

i-hafu ye-kilo ze-apile (apples)

litre of milk

i-litha yo-bisi (milk)

film/newspaper

-film/I-phephandaba

TELEPHONE:

Hello, this is ...

Molo, lona ngu (is) ...

Please speak:

Nceda thetha:

louder

kakhulu kunoko (loud)

slowly

ngo-kucothayo

I want to speak to:

Mr.

Mrs.

Miss

Ndi-funa (want) uku-thetha no:

u-Mnumzana (Mnu)

Nkosikazi (Nskz)

Nkosazana(Nkz)

When is he back?

Ask him to telephone me

Ubuya nini?

Cela (ask)-le a-ndi-fowunele (telephone)

TIME:

Do you have enough time?

What time is it?

It is:

five past one

quarter past three

U-nalo (have) ixesha (time) elaneleyo na?

Ngu-bani (what) ixesha?

Ngu:

five past one (use English!!!)

quarter past three

MEETINGS:

We see you:

today

tomorrow

next week

in the evening

soon

Si (we) -yaku-bona (see):

namhlanje

mgomso

kwiveki (week) ezayo (next)

ngo-rhatya

msinyane

You are right/wrong

That is right

U-lungile/akulunganga

I-lungile

LOCATIONS:

Here/there

Apha/Apho

At the UN office

Kwi (at)-ofisi ye- UN

(Is) it near/far?

I-kufutshane/ikude?

How many hours?

li-yure (hours) ezi-ngaphi?

21. PLAY QUIZ

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

- | | |
|-------------------------|----------------------------------|
| a. I am well. | Ku-lungile. |
| b. I am sorry. | Enkosi |
| c. Thank you. | Ndi-philile. |
| d. OK | Uxolo |
| e. You're welcome! | Wena wa-mkelekile. |
| f. Well done | Kuhle ka-khulu. |
| g. Hello | Unjani? |
| h. How are you? | Molo |
| i. Is everything OK?! | Yima apha. |
| j. Try to do it | Andi-seli. |
| k. I do not drink. | Li-nga uk-uyenza. |
| l. Stop here. | Yonke into i-lungile na? |
| m. Yes | U-weyitala? |
| n. Please | Nceda. |
| o. I am sorry | Ndi-yaxolisa. |
| p. Waiter? | Ewe. |
| q. How much is that? | Ngubani ixesha na? |
| r. Where is the toilet? | -phi/-nini/-ngoba? |
| s. Where/when/why? | Iphi indlu yangasese? |
| t. What time is it? | Yimalini lonto? |
| u. Help me please? | A-ndi-qondi. |
| v. I do not understand | Nceda, u-thethe ngo-ku-cothayo. |
| w. What does this mean? | U-nga-ndi-nceda? |
| x. Please, speak slowly | I-thetha ntoni lento? |
| y. Be seeing you soon! | Uku-tya ku-lungile/sala ka-kuhle |
| z. Good food/cheers! | Sakube siphinde sibona-ne! |

Answers: In the phrase book ... if you need them ...

APPENDIX A - ROUTINE ACCENT IMPROVEMENT

LONG TERM RE-INFORCEMENT - AFTER ONE WEEK/MONTH

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more week ... of PLAYING with the natural language ...

Our natural suggestions for this week are:

Day 1 – Play the LEARNING REINFORCEMENT. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts.

Day2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes.

Day 3 – SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in 12 minutes.

Day 4 – SPEAK with tape and text. For difficult words/phrases ... stop the tape... and repeat the word/phrase many times ... singing and shouting!

Day 5 - STUDY again the Mini-phrase Book. Then do it as SPEED READING in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!.

Day 6 – SPEED READING (2-16) in 8 minutes. LiSTEN to your recording from Day 1. Then SPEAK with the tape ... with a beautiful CONFIDENT accent.

Day 7 - SPEAK with the tape with fun and confidence. Give us your feedback.

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

Special Vocabulary for UNHCR

English	Pashto	Dari (insert)	Xhosa
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-dynkyshaafi	
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	taghziy
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/stergueue	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/
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
Voluntary 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 - correct this rough Xhosa and discuss with a natural speaker)

1. Structure - subject, object and verb:

Ndi- lapha (here).

I (am) here.

INGANE i-lapha

The CHILD is here.

Ingane i-lapha NA?

Question - is the child here?

2. Articles:

Ingane i-lapha

A child here is.

3. Nouns:

IZIN-gane zia-lapha.

Child-REN are here.

Ingane-e LUNGILE i-lapha

The GOOD child is here.

U-y-ingane.

HE is a child

4. Possession:

U ingane YAMI.

He is MY child.

5. Relative:

Ingane O-lapha

The child WHO here is.

6. Demonstrative:

Eli-ngame i-lapha.

THIS child is here.

Eliya-ngame i-lapho.

THAT child is THERE.

7. Interrogatives:

INTONI le- nto?

WHAT is this thing?

NGUBANI loyo?

WHO is that?

IPHI ingane?

WHERE is the child?

MALINI incwadi?

HOW-MUCH is the book?

8. Imperatives:

YENZA lo!

DO this!

VELA l-apha!

COME here!

9. Negatives:

Ewe, NGI-NE incwadi.

Yes, I HAVE a book.

Hayi, A-ndi-NA incwadi.

No, I do NOT have the book.

SUKU-vela i lapha.

Do NOT come here.

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

Ndi/ndi-ne/ndi-funa

I am/have/want

Wena u/u-ne/u-funa

You are/have/want

Yena u/u-ne/u-funa

He is/has/wants

APPENDIX D - BROCHURE
CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A
BEAUTIFUL ACCENT – WITH JUST A 30 MINUTE AUDIO

KEY CONCEPT: WHEN you create new POSITIVE wave patterns in YOUR mind ... they give you STRENGTH for today ... and HOPE for the future"

Opportunity for AID WORKERS on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local government, refugees, client and project staff as they perceive the effort to speak the local language with a good accent, and thus to respect and value the local culture.

Description: dynamic English-based brief language learning system developed with some UN staff and available shortly in: Dari, Pashto, English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Indonesian, Malay, Shona, Russian, Mandarin and with other languages in process: Uzbek, Cantonese, Xhosa, Zulu, Tswana, Swedish, Hindi, Nepali, Italian, Zulu, Swahili etc.

Designed for: non-speakers to acquire a confidence very rapidly, in the basics of the local natural language, and for current speakers to achieve significant accent improvement.

Course duration: optional one hour of professional instruction in CRE and then at individual discretion during one week, with 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 the CRE technique to achieve intuitive absorption of the natural language with confidence and without stress. Designed to handle varying individual value systems and needs. CRE technique, once acquired, can be easily used for any other language or dialect. Instant relaxation exercise for confidence to learn.

Further information: email drbobboland@hotmail.com

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**APPENDIX E - HUNDRED MOST USED WORDS
IN CONVERSATION**

((Challenge ... insert Xhosa ... learn ... associate ... and remember)

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

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

APPENDIX F - BRIEF DICTIONARY
ENGLISH/ FRENCH/ SPANISH/ GERMAN/ XHOSA

ENGLISH	FRENCH	SPANISH	GERMAN	XHOSA
a	un/une	un/una	in/eine	
about	environ	cerca de	ungefähr	malunga
accident	accident,l'	accidente	Unfall	i-ngozi
action	action,la	accion	Handlung	i-senza
actually	en fait	realmente	eigentlich	ngoku
after	après	depués	nach	emva
afternoon	après-midi,l'	tardes	Nachmittag	emwa kwenini
airport	aéroport,l'	aeropuerto	Flughafen	e-photi
alone	seul	solo/unico	allein	odwa
also	aussi	también	auch	kanjalo
always	toujours	siempre	immer	soloko
am (I)	suis (je)	yo soy/estoy	bin (ich)	ndi (ngu)
and	et	y	und	na
anniversary	anniversaire	cumpleaños	Jahrestag	isikumbuzo s.
anybody	n`importe qui	cualquiera	irgendjemand	nabani na
anything	n`importe quoi	cualquier cosa	irgendetwas	into
April	Avril	abril	April	uAprili
are(you)	êtes (vous)	usted es/está	sind	-ngu (u)
arrive	arriver	llegar	ankommen	fika
at	à	a/en	an	e/kwa
August	Aout	agosto	August	uAugust
bad	mauvais	malo	schlecht	bi
bank	banque,la	banco	Bank	i-bhanki
bar	bar	bar	Bar, die	i-bhari
bath	bain,le	baño	Bad	i-bhafu
beat	battre	batir	schlagen	betha

beautiful	beau/belle	hermoso	schön	hle
because	parce que	porque	weil	ngo-kuba
bed	lit,le	cama	Bett	i-bhedi
begin	commencer	comenzar	anfangen	qala
behind	derrière	detrás/atrás	hinten	emva kwa
beside	à côté de	al lado de	nächst	ecaleni kwa
better	meilleur	mejor	besser	bhetele
bill	facture,la	cuenta	Rechnung, die	i-billi
big	grand	grande	gross	khulu
biscuit	biscuit,le	galleta	Keks	umqhathathane
black	noir	negro	schwarz	mnyama
book	livre,le	libro	Buch	incwadi
boy	garçon,le	niño/muchacho	Junge	i-nwenhwe
bread	pain,le	pan	Brot	i-sonka
breakfast	petit dej.le	desayuno	Frühstück	i-sidlo sak.
brother	frère,le	hermano	Bruder, der	umkhuluwa
bus	autobus,le	autobús/camión	Bus	ibhasi
business	affaires,les	negocio	Geschäft	ishishini
buy	acheter	comprar	kaufen	thenga
can (able)	pouvoir	poder	können	nga/naku
car	auto,!'	carro/coche	Auto	imoto
carefully	prudent	prudente	vorsichtig	ngenyamero
carry	porter	llevar	tragen	phatha
cash	argent,le	dinero	Bargeld	i-kheshi
chair	chaise,la	silla	Stuhl	i-situlo
cheap	bon marché	barato	billig	tshipu
children	enfants	niños	Kinder	abantwana
choose	choisir	seleccionar	wählen	khetha
cigarette	cigarette,la	cigarillo	Zigarette	i-sigarette
clean	propre	limpio	sauber	coce

clever	intelligent	inteligente	klug	nengqondo
clouds	nuages,les	nubes	Wolken, die	amafu
coffee	cafe,le	café	Kaffee	i-kofu
cold	froid	frio	kalt	banda
colour	couleur,la	color	Farbe	i-bala
come	venir	venir	kommen	za
complain	plaindre	reclamar	klagen	khalaza
contract	contrat,le	contrato	Vertrag	i-siqibo
cook	cuire	cocinar	kochen	pheka
cost	coût,le	costo	Kosten	i-xabiso
count	conter	contar	zählen	bala
creditors	créditeurs,les	acreedor	Gläubiger	aban. onetyala.
cup	tasse,la	taza	Tasse	i-komityi
customer	client,le	cliente	Kunde	umthengi
customs	douane,la	aduana	Zoll	amacustoms
daughter	fille,la	hija	Tochter	i-ntombi
day	jour,le	día	Tag	usuku
dear	cher	caro	teuer	duru
debtors	débiteurs,les	deudores	Schuldner	imikweneti
December	Décembre	diciembre	Dezember	uDisemba
dinner	dîner,le	comida	Abendessen	i-dina
dirty	sale	sucio	schmutzig	mdaka
divided by	divisé par	dividir de	dividiert durch	hluhwe
do	faire	hacer	tun	enza
doctor	médecin,le	doctor/médico	Arzt	ugqira
doers	actifs,les	trabajadores	Täter	abenzi
drink	boire	beber/tomar	trinken	sela
drive	conduire	manejar/coduc.	fahren	quba
dry	sec	seco/árido	trocken	omile
early	de bonne heure	temprano	früh	kw-exesha

easy	facile	fácil	leicht	lula
eat	manger	comer	essen	tya
eight	huit	ocho	acht	zi-sibhozo
eighty	quatre vingt	ochenta	achtzig	ama.asibhozo
either	ou	o	entweder	okanye
eleven	onze	once	elf	ishumi-elianye
English	Anglais	inglés	Englisch	isiNgesi
enjoy	s`amuser	gozar de	sich freuen	hambitha
enough	assez(de)	bastante/suf.	genug	anele
etc.	et cetera	etcétera	usw	njalo njalo
evening	soir,le	tarde	Abend	u-kuhlwa
every	chaque	cada	jeder	nke
fall off	tomber	caer	fallen	wa
family	famille,la	familia	Familie	usapho
father	père,le	padre	Vater	utata
father/law	beau-père,le	suegro	Schwiegervater	ubawozala
fat	gros	gordo	fett	tyebile
Febuary	Février	febrero	Februar	uFebruary
fifty	cinquante	cincuenta	fünzig	ama.amahlanu
fight	combattre	luchar	kämpfen	lwa
finance	financer	finanza	finanzieren	imali
find	trouver	encontrar	finden	fumona
fine	beau	fino/perf/bel.	schön (Wetter)	hle
fingers	doigts,les	dedos	Finger	abanwe
finish	finir	terminar	beenden	gquba
fish	poisson,le	pescado	Fisch	intlanzi
five	cinq	cinco	fünf	zi-ntlanu
fog	brouillard,le	niebla	Nebel	inkungu
food	nourriture,la	comida/alim.	Essen	ukutya
fools	fous,les	tontos/locos	Verrückten	izi-denge

for	pour	para/por	für	e
fork	fourchette,la	tenedor	Gabel	ifolokhwe
four	quatre	cuatro	vier	zi-ne
forty	quarante	cuarenta	vierzig	ama.amane
Friday	Vendredi,le	viernes	Freitag	uL-wesihlanu
friendly	sympathique	amigable	freundlich	obuhlobo
friends	amis,les	amigos	Freunde	abahlobo
future(adj)	futur	futuro	zukünftig	elizayo
game	jeu,le	juego	Spiel	umdlalo
generally	généralement	generalmente	allgemein	dla ngoku
get	obtenir	obtener	bekommen	fumana
girl	jeune fille,la	niña/muchacha	Mädchen	intombi
give	donner	dar	geben	nika/pha
glass	verre,le	vaso	Glas	i-glasi
go	aller	ir/andar	gehen	ya/hamba
good	bon	bueno/buen	gut	lungile/hle
good-bye	au revoir	adiós	auf Wiedersehn	salani kakuhle
good even.	bonsoir	buenas tardes	guten Abend	ronantini
good morn.	bonjour	buenos días	guten Morgen	molo
good night	bonne nuit	buenas noches	gute Nacht	ronantini
greedy	gourmand	codicioso	gierig	bawela
half	moitié	medio/mitad	halb	isi-qingatha
happy	heureux	contento/feliz	glücklich	vuya/lungile
hate	détester	odiar	hassen	thiya
have	avoir (j'ai)	haber/tener	haben	na
he	il	él	er	yena
hello	salut	hola	hallo	molo
help	aider	ayudar	helfen	ncedo
helpful	utile	util	beihilflich	ncedo
her (acc.)	la/lui	la/le	ihr	yokhe/yakho

here	ici	aquí	hier	nantsi/apha
herself	elle-même	ella misma	sie selbst	ngo-wakhe
him	le/lui	le/lo	ihn/ihm	yena
himself	lui-même	él mismo	er selbst	ngo-wakhe
his	son	suyo	sein	yakhe/yakho
honest	honnêt	honrado	ehrlich	nyanise-kileyo
hope	espérer	esperar	hoffen	ethemba
hospital	hopital,le	hospital	Krankenhaus	isibhedlele
hot	chaud	caliente	heiss	shushu
hotel	hotel,le	hotel	Hotel	i-hotele
how are you?	comment a.-v.?	cómo está Ud?	wie geht e.l.?	unjani wena?
how many?	combien de?	cuántos?	wieviel?	ngaphi?
however	cependant	sín embargo	jedoch	nokuba
hundred	cent	cien	hundert	ikhulu
hungry	avoir faim	tener hambre	hungrig	lambile
husband	mari,le	esposo/marido	Ehemann	umyeni
I	je	yo	ich	ndi/mna
I am well	je vais bien	muy bien	mir geht es gut	ngiphile kahle
ice-cream	glace,la	helado	Eis	yiskrim
if	si	si	wenn	ukuba
important	important	importante	wichtig	balulekile
impossible	impossible	imposible	unmöglich	ngenak-wenzika
in front of	devant	enfrente de	vor	nga-phambile
intelligent	intelligent	inteligente	klug	khlaliphile/hla
inventory	inventaire, l'	inventario	iventor	isitoko
is (he)	est (il)	es	ist (er)	ungu
it	cela	eso	es (er)	i/u/li/yi
itself	cela-même	eso mismo	es selbst	ngo-walo
January	Janvier	enero	Januar	uJanuwari
journey	voyage,le	viaje	Reise	uhambo

July	Juillet	julio	Juli	uJulayi
June	Juin	junio	Juni	uJuni
knife	coûteau,le	cuchillo	Messer	i-mela
know	savoir/conn.	saber/conocer	wissen	azi
labour	main d'oeuvre	trabajo	Arbeit	umsebenzi
language	langue,la	idioma	Sprache	ulwimi
late	tard	tarde	spät	kade
later	plus tard	mas tarde/lu.	später	emva
learn	apprendre	aprender	lernen	funda
less	moins de	menos	minus/ weniger	nganeno
letter	lettre,la	carta/letra	Brief	i-ncwadi
life	vie,la	vida	Leben	ubomi
like (verb)	aimer	gustar	gern haben	thanda
listen	écoûter	oir	zuhören	mamela
little	peu	poco	wenig	ncinci
long	long	largo	lang	de
long run	finalement	a lo largo	auf die Dauer	exesha-elide
look	regarder	mirar	schauen	jonga
look for	chercher	buscar	suchen	khangela
loss	perte,la	pérdida	Verlust	i-lahleko
lot,lots	beaucoup de	mucho	viel	ninzi
love	aimer bien	querer	lieben	thanda
low	bas	bajo	tief	phantsi
lucky (be)	avoir/chance	tener suerte	Glück (haben)	nethamsanqa
luggage	bagages,les	equipaje	Gepäck	umthwalo
lunch	déjeuner,le	almuerzo	Mittagessen	i-lantshi
make/do	faire	hacer/realizar	machen	enza
man	homme,l'	hombre	Mann	indoda
manager	directeur,le	gerente/dir.	Manager	umphathi

many	beaucoup (de)	muchos	viele	ninzi
map	plan,le	mapa	Landkarte	imaphu
March	Mars	marzo	März	i-Matshi
marriage	marriage,le	matrimonio	Heirat	umshato
marry	se marier	casar	heiraten	tshata
materials	materiaux,les	materia prima	Materialien	veliso zendalo
May	Mai	mayo	Mai	uMeyi
me	me	mi	mich	ndi/mna
meal	repas,le	comida	Essen	umgubo
meat	viande,la	carne	Fleisch	i-enyama
meet	rencontrer	encontrar	kennen lernen	dibana
meeting	réunion,la	reunión	Versammlung	ntlanganiso
mind (not)	égal (etre)	no importa	egal (mir)	khathalela
minute	minute,la	minuto	Minute	umzuzu
Miss	Mademoiselle	Señorita	Fräulein	iNkos.
mistake	erreur,la	error	Fehler	isiphoso
Monday	Lundi,le	lunes	Montag	u-Mvulo
money	argent,la	dinero	Geld	imali
month	moins,le	mes	Monat	inyanga
more	plus	más	mehr	nghaphezulu
morning	matin,le	mañana	Morgen	intsasa
mother	mère,la	madre	Mutter	umama
mother-i.l.	belle-mère	suegra	Schwiegermutter	uninazala
Mr	Monsieur	Señor	Herr	uMnu.
Mrs	Madame	Señora	Frau	iNkosk.
multipl.by	multiplier par	multiplic.por	multipliz.mit	phinda phinda
must	devoir	deber/tener de	müssen	mele
my	mon	mi/mis	mein	yam
myself	moi-même	mi	ich selbst	ngo-kwam

near	près de	cerca de	nahe	kufuphi
never	jamais	nunca/jamás	niemals	zange
never mind	n'importe	no importa	nichts (macht)	ungakhothotha.
new	neuf	nuevo	neu	tsha
nice	agréable	fino/bueno	nett	hle/mnadi
nine	neuf	nueve	neun	zi-liithoba
night	nuit,la	noche	Nacht	ubusuku
ninety	quatre-v.-dix	noventa	neunzig	ama.alithoba
no	non	no	nein	hayi
nobody	personne	nadie	niemand	akukho umntu
noise	bruit,le	ruido	Krach	ingxolo
not	ne...pas	no	nicht	a..verb
nothing	rien	nada	nichts	akukho nto
November	Novembre	noviembre	November	uNovemba
now	maintenant	ahora	jetzt	ngoku
o'clock	heures (7.00)	hora (7.00)	Uhr (7.00)	entloko
October	Octobre	octubre	Oktober	uOktoba
of course	naturellement	naturalmente	natürlich	kakade
Oh!	Oh!	O!	Ach!	yho!
old	vieux	viejo	alt	dala
on	sur	sobre	auf	phezu kwe
one	un	un/uno	eins	zi-nye
or	ou	o	oder	kuba
orders	ordres,les	órdenes	Bestellung	umyalelo
our	notre	nuestro	unser	ithu
ourselves	nous-même	nosostros	wir selbst	ngo-wethu
out	dehors	fuera	aus	phandle
overheads	frais gen.les	gasto gener.	Laufenden U.	iindleko zeok.
owner's eq.	capital,le	capital	Anlagekapita l	imaliyom.

parents	parents,les	padres	Eltern	abazali
passport	passeport,le	pasaporte	Pass	i-passport
people	gens	gente	Menschen	abantu
place	endroit,le	sitio/lugar	Platz	indawo
plane	avion,le	avión	Flugzeug	i-eroplani
plate	assiette,la	plato	Teller	issulu
please	s' il v. plaît	por favor	bitte	nceda
police	police,la	policía	Polizei	ama-polisa
polite	poli	cortés	höflich	lithambda
porter	porteur,le	portero	Träger	umthwali
possible	possible	posible	möglich	nokwenzeka
present	présent	presente	gegenwärtig	ixesha elimiyo
pretty	joli	bonito	hübsch	hle
products	produits,les	productos	Produkte	iimveliso
profit	profit,le	ganancia	Gewinn	inzuzo
put	mettre	poner	legen	beka
quarter	quartier,le	cuarto	Viertel	kuqala
quickly	vite	aprisa/de pri.	schnell	ngokukhawuleza
rain	pluie,la	lluvia	Regen	i-mvula
read	lire	leer	lesen	funda
really	vraiment	de veras	wirklich	nyani
red	rouge	colorado/rojo	rot	bomvu
relax	se relaxer	relajarse	entspannen	phumla
remember	rappeller	recordar	erinnern	khulumba
restaurant	restaurant,le	restaurante	Restaurant	i-restuarant
right	raison (avoir)	correcto/der.	richtig	lungile
road	rue,la	calle	Strasse	indlela
room	chambre,la	cuarto/habit.	Zimmer	i-gumbi
sales	ventes, les	venta/saldo	Verkäufe	i-intengiso
Saturday	Samedi,le	sábado	Samstag	u-Mgqibelo

save	sauver	salvar	sparen	ecina
say	dire	decir	sagen	thi/thetha
see	voir	ver	sehen	bona
sell	vendre	vender	verkaufen	thengisa
September	Septembre	septiembre	September	uSeptemba
serve	servir	servir	bedienen	phakela
service	service	servicio	Dienst	umsebenzi
seven	sept,le	siete	sieben	i-sixhenxe
seventy	soixante-dix	setenta	siebzig	ama. sixhenxe
she	elle	ella	sie	u/yena
short	court	corto	kurz	futshane
should	devoir	deber	sollen	mele
sick	malade	enfermo	krank	gula
Sir	Monsieur	Señor	Mein Herr	uMnumzana
sister	soeur,la	hermana	Schwester	udade
sit	s'asseoir	sentar	sitzen	hlala
sit down	être assis	sentarse	sich setzen	hlala phansi
six	six	seis	sechs	zi-thandathu
sixty	soixante	sesenta	sechzig	ama.thandathu
sky	ciel,le	cielo	Himmel	i-zulu
sleep	dormir	dormir	schlafen	lala
small	petit	pequeño/chiqu.	kein	ncane/ncinane
smoke	fumer	fumar	rauchen	tshaya
snack	snack,le	snack	Imbiss	i-snacks
some	quelques	unos/poco de	etwas	ntwana
somebody	quelqu'un	alguno	jemand	umntu othile
something	quelque-chose	algo	etwas	into
sometimes	quelque-fois	algún tiempo	manchmal	ngamanye amax.
son	fil,le	hijo	Sohn	unyana
sorry	dommage	lo siento	Verzeihung	lusizi nga

soup	potage,le	sopa	Suppe	i-suphu
speak	parler	hablar	sprechen	thetha
spend	dépenser	gastar	ausgeben	chitha
spoon	cuillère,la	cuchara	Löffel	i-cephe
stand up	se lever	pararse	aufstehen	phakama
station	gare,la	estación	Bahnhof	isitishi
stay	rester	quedarse	bleiben	hlala
stool	banc,le	taburete	Stuhl	i-situlo
sugar	sucre,le	azúcar	Zucker	i-swekile
summer	été,le	verano	Sommer	ihlobo
sun	soleil,le	sol	Sonne	ilanga
Sunday	Dimanche,le	domingo	Sonntag	i-Cawe
sweet(pud.)	dessert,le	dulce/postre	Süßspeise	i-swithi
table	table,la	mesa	Tisch	i-tafile
take	prendre	tomar/llevar	nehmen	thatha
talk	parler	hablar	sprechen	thetha
talkers	bavards,les	habladores	Schwätzer	um-thethi
taxi	taxi,le	taxi	Taxi	i-taksi
tea	the,le	té	Tee	i-ti
téléphone	téléphone,le	teléfono	Telefon	i-foni
tense	temps,le	tiempo	Zeitform	ixesha
ten	dix	diez	zehn	zi-lishumi
terrible	terrible	terrible	schrecklich	bikakhulu
thank you	merci	gracias	danke	enkosi
that	la/cela/que	ese/aquel/cual	jener/jene/ jenes	eso
the	le/la	el/la/los/las	der/die/das	
their	leur	su	ihr	ba
them	eux	ellos/ellas	sie	ba/si/wa
themselves	eux-mêmes	ellas/ellos	sie selbst	ngok-wabo
there	là	allí	dort/da	nantso/apho

they	ils	ellos/ellas	sie	ba
this	ce/cet	este/esta	dieser	esi/eli
thin	mince	delgado	dünn	bhityile
thing	chose,la	cosa	Ding	i-nto
thirsty	avoir soif	tener sed	durstig	nxaniwe
thirty	trente	treinta	dreissig	ama.a.thathu
thousand	mille	mil	tausend	i-waka
three	trois	tres	drei	zi-nthathu
three-qtr.	trois-quarts	tres cuartos	dreiviertel	i-kota ezinth.
Thursday	Jeudi	jueves	Donnerstag	uL-wesine
ticket	billet,le	boleto/billete	Karte	i-tikiti
time	heure,la	tiempo/vez	Zeit,die	ixesha
tip	pourboire,le	propina	Trinkgeld	i-ncam
tired	fatigué	cansado	müde	diniwe
to	à	para/a	nach	e/ku
today	aujourd'hui	hoy	heute	namhlanje
tomorrow	demain	mañana	morgen	ngo-mso
too much	trop	demasiado	zu viel	ngoko qith.
train	train,le	tren	Zug	i-train
travel	voyager	viajar	reisen	hamba
Tuesday	Mardi	martes	Dienstag	uL-wesibini
twelve	douze	doce	zwölf	ishumi eline-s.
twenty	vingt	veinte	zwanzig	ama. amabini
two	deux	dos	zwei	zi-mbini
under	sous	debajo/bajo	unter	phansi
up	en haut	arriba	oben	phezulu
us	nous	nos/nosotros	uns	si/thina
vegetables	légumes,les	legumbres	Gemüse	imifino
wait	attendre	esperar	warten	lindela
waiter	garçon,le	camarero	Kellner	i-waiter

walk	marcher	caminar/pasear	spazieren	hamba
want	vouloir	querer	wollen	funa
waste(n)	gaspillage,le	desgaste	Abfall	chitha
we	nous	nosotros	wir	si/thina
weather	temps,le	tiempo	Wetter	i-zulu
Wednesday	Mercredi	miércoles	Mittwoch	uL-wesithathu
week	semaine,la	semana	Woche	i-veki
wet	pluvieux	húmedo/mojado	nass	manzi
what?	quel/quoi?	qué?	was?	ntoni?
what time?	quelle heure?	qué hora?	wie spät.ist es?	ngu-ban.ixesha?
when?	quand?	cuándo?	wann?	nini?/xa
where	où?	dónde?	wo?	phi?
white	blanc	blanco	weiss	umhlophe
who?	qui?	quién?	wer?	u-bani?
wife	femme,la	esposa	Ehefrau	inkosikaxi
win	gagner	ganar	gewinnen	phumelela
wine	vin,le	vino	Wein	i-wayine
winter	hiver,le	invierno	Winter	ubusika
woman	femme,la	mujer	Frau	umfazi
work	travail,le	trabajo	arbeiten	um-sebenzi
worse	pire	peor	schlechter	mandundu
worst,the	le pire	el/lo peor	schlechteste	bi/kanye
write	écrire	escribir	schreiben	bhala
wrong	avoir tort	falso/equiv.	falsch	nga-lunganga
year	année,la	año	Jahr	umnyaka
yes	oui	sí	ja	ewe
yes but	oui mais	si, pero	ja, aber	ewe kodwa
yesterday	hier	ayer	gestern	i-zolo
you (nom.)	vous	usted/ustedes	Sie	u/wena/ni
you (acc.)	vous	usted	Sie	wu/wena

young	jeune	joven	jung	tsha
your	votre	su	lhr	ya-khu
yourself	vous-même	usted	Sie selbst	ngo-wakhe
yourselves	vous-mêmes	ustedes	Sie selbst	ngo-wakhe
zero	zero	cero	null	iqondo

APPENDIX G - INSTANT RELAXATION TECHNIQUE

1. This a simple useful CRE technique to give you confidence to learn naturally. If you don't believe you can learn ... you won't learn! ... If you are tense, anxious and stressed ... you won't learn! If you have no confidence ... you won't learn. But with instant relaxation, your mind and body become clear, confident and ready to learn. So do the 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. NOW ... play the audio tape three times ... first time repeating gently, second time repeating in your mind, third time repeating VERY loud ...please ...

3. Then, 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 TO SPEAK AND ENJOY THE LANGUAGE WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... AND 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 evaporating all the anxiety and stress from your mind and body ... through 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.

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 face ... with a code word "IRT"!