

# CRE - CREATIVE RELAXATION EXERCISE

## BRIEF COGNITIVE HYPNOSIS 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"

### NO. 304B - IRAQI ARABIC from ENGLISH

Version 1 - with a few minor errors - June 2004

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration.

Books to buy: Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

Source: Dr. Bob Boland and Mjid Shukur (Iraq) and Dr. Giles Boland (Harvard) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm> for text

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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!!

## INSTANT RELAXATION TECHNIQUE

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

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

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

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

Hello	Marhaba	مرحبا	MAAARRR-HABBA
Mr.	Al Saied	السيد	ASSAIED
Mrs.	Al Saieda	السيدة	ASSAIEDAH
Yes	Naam	نعم	NAAAM
No	La	لا	LAA
Good	Jayid	جيد	JAYID
Please	Menfadhlak	من فضلك	MIN-FAD-LACK
Do you have...?	Hal induk ...	هل عندك	HAL INDUK...?
Thank you	Shokran	شكرا	SHOK-RAAN
Goodbye	Ma'a-salamah	مع السلامة	MAA-AAS-SALAAMAH
Who?	Ma-nn?	من	MAA-NNN
What?	Ma-tha?	ماذا	MAA-THA
I want	Ou-reed	اريد	OR-REED
Where?	Ay-na?	اين	AY-NNAA?
OK!	Ta-yib!	طيب	TAA-YEEB!

Note: For simplicity ... the program is typed mostly 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/DISC – 30 minutes ... 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 (No 20). 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.

Plan reinforcement (Appendix A)

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 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 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 ... "Errs 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 ... 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 your are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself ... that you are sometimes too busy to notice ...

You know ... and I know ... it's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

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

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



## 2. HERE AND THERE:

### هنا وهناك

Ahlan wa sahlán.

أهلاً وسهلاً Welcome.

Alhamdu lilla.

الحمد لله God be praised.

Ana (akoon) huna.

هنا (أكون) أنا I am here.

Anta (takoon) hunak.

هناك (تكون) أنت You are there.

Hal anta hunak?

هل أنت هناك؟ Are you there?

Naam, anta hunak.

نعم، أنت هناك Yes, you are there

Hal anta huna?

هل أنت هنا؟ Are you here?

La, anta la-sta huna

لا، أنت لست هنا No, you are not here.

Ennahó huna.

إنه هنا He is here.

Ayna howa?

أين هو؟ Where is it?

Enahó huna.

إنه هنا It is here.

Hal huwa hunak?

هل هو هناك؟ Is it there?

Ana laa aref.

أنا لا أعرف I do not know.

Ayna Miguel?

أين ميغل؟ Where is Miguel?

Huwa la-yssa huna.

هو ليس هنا He is not here.

Ayna huwa?

أين هو؟ Where is he?

Ana laa aref.

أنا لا أعرف I do not know.

Al La'na!. En-nahó hunak!

إنه هناك! اللعنة Darn-it! There he is!

Huwa Ra'ee

هو رائع He is wonderful!

## 3. LIKING

### يحب

Ahlan wa sahlán.

أهلاً وسهلاً Welcome

Alham dulilla.

الحمد لله God be praised/Thanks God

Ana ohebek.

أحبك أنا I like you./ I love you

Hal anta toheb-ni?

هل انت تحبني؟ Do you like me?

Naam, ana oheb-ek.

نعم، انا احبك Yes, I like you.

Hal anta toheb el nukood?

النقود؟ هل انت تحب Do you like money?

Naam, ana oheb el nukood.

نعم أنا أحب النقود Yes, I like the money

Ana oheb al-maa'.

أنا أحب الماء I like water

Inta toheb al-maa'.

أنت تحب الماء You like water

Ana oheb ba'ad-al kotob.

أنا أحب بعض الكتب I like some books

Huwa yoheb el sayyara.

هو يحب السيارة He likes the car.

Heya laa toheb el sayyara.

هي لاتحب السيارة She does not like the car.

Hal anta toheb el akel?

هل انت تحب الأكل؟ Do you like the food?

La, ana la oheb ala'asha.

لا ، انا لا احب العشاء No, I do not like the dinner

Al La'na! Yasadeki!

اللعة ! يا صديقي Oh. Darn-it! "Mate"!

La takoul " Yasadeki " menfudhlak.

لاتقل يا صديقي من فضلك Please do not say "Mate"!

#### 4. DOING:

يعمل

Ahlan wa sahlan.

أهلا وسهلا Welcome.

Ana amel.

أنا أعمل I do.

Ana amel haatha.

انا اعمل هذا I do this.

Anta tamel.

أنت تعمل You do.

Anta tamel thalek.

أنت تعمل ذلك You do that

Nahnu namel thalek.

نحن نعمل ذلك We do that

Wa nahnu souada'a\_

ونحن سعداء And we are happy.

Hal howa sahel?

هل هو سهل Is it easy?

Naam, ennahoy layssa saahb.

نعم، إنه ليس سهل Yes, it is not difficult.

Hal anta tamel thalek? هل أنت تعمل ذلك Do you do that?  
Aamel thalek, menfudhlak إعمل ذلك! من فضلك Do that please!!!

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

يقدر/ يستطيع أن

Ahlan wa sahlán. اهلا وسهلا Welcome.

Ana akder. أنا أقدر I can

Hal ana akder? هل أنا أقدر؟ Can I?

Naam, ana akder. نعم، أنا أقدر Yes, I can.

Hal anta takder an ṭa'mel hatha? هل أنت تقدر أن تعمل هذا؟ Can you do this?

Naam, ana akder an amel thalek نعم، أنا أقدر أن أعمل هذا Yes, I can do that.

Ana akder an akul kaleelan أنا أقدر أن أكل قليلا I can eat a little.

Ana akder an ashrah kaleelen. أنا أقدر أن أشرب قليلا I can drink a little.

Ana akder an ath-hab. أنا أقدر ان أذهب I can go.

Ana akder an a'ati أنا أقدر ان أأتي I can come.

Ana akder an anaam. أنا أقدر ان أنام I can sleep.

Anta takder an tatakalam. أنت تقدر أن تتكلم You can speak.

Hal ianta takder an tatakalam? هل أنت تقدر أن تتكلم؟ Can you speak?

Naam. Ana akder. نعم، أنا أقدر Yes, I can.

Hal anta takder an ṭa'mel hatha? هل أنت تقدر أن تعمل هذا؟ Can you do this?

La, ana laa akder an amel thalek. لا، أنا لا أقدر أن أعمل هذا No, I can not do that.

Hal Anta takder an tafham? هل أنت تقدر أن تفهم؟ Can you understand?

Naam, kaleelan. نعم، قليلا Yes, a little.

Hal anta takder an tatakalam Al arabeya? هل أنت تقدر أن تتكلم العربية؟ Can you speak arabic?

Naam. ana akder an atakalam kaleelan men al Aarabeya نعم، أنا اقدر ان أتكلم قليلا من العربية Yes, I can speak a little Arabic!

Shoof! Ana Ra'ee! شوف ! انا رائع Look! I am wonderful!

## 6. UNDERSTANDING:

### الفهم

Ahlan wa sahlān	أهلاً وسهلاً	Welcome.
Ana afham.	أنا أفهم	I understand.
Ana la afham.	أنا لا أفهم	I do not understand.
Anta tafham.	أنت تفهم	You understand.
Anta laa tafham	أنت لا تفهم	You do not understand.
Hal anta tafham al nissaa?	هل انت تفهم النساء؟	Do you understand women?
La. La ana laa afhamu-hun!	لا، لا أنا لا أفهمهن	No. No. I do not understand them!!!
La'nato allah alay'hen! "Yasadeki"	لعنة الله عليهن ! يا صديقي	Oh. Darn-it! "Mate"!
La takoul "Yasadeki", menfudh lak.	لا تقل يا صديقي من فضلك	Please do not say "Mate"!

## 7. WANTING:

### الإحتياج

Ahlan wa sahlān.	أهلاً وسهلاً	Welcome.
Ana ourid.	أنا أريد	I want.
Ana ourid an akul kaleelan.	أنا أريد أن أأكل قليلاً	I want to eat a little.
Ana ourid an ashrah al ma'a.	أنا أريد أن أشرب الماء	I want to drink the water.
Ana ourid an athhab ela al mirhad.	أنا أريد أن أذهب إلى المراض	I want to go to the toilet!!!
Hal anta tourid an takul kaleelan?	هل تريد أن تأكل قليلاً	Do you want to eat a little?
La, ana la ourid an akul.	لا، أنا لا أريد أن أأكل	No, I do not want to eat.
Al-La'na! Ana ourid an o'ti-yak al kaleel.	اللعة، أنا أريد أن أعطيك القليل	Darn-it! I want to give you a bit.
La. shokran	لا، شكراً	No, thank you.
Ana ourid an-aati.	أنا أريد أن آتي	I want to come.

Hal anta tourid an takoun ma-ee?	هل أنت تريد أن تكون معي؟	Do you want to be with me?
La, ana la ourid “hatha”.	لا، أنا لا أريد هذا	No, I do not want “that”.
Miguel, hal tourid an takul al dafade’e?	ميغل، هل تريد أن تأكل الضفادع؟	Miguel do you want to eat the frogs?
Layssa Alaan ! Shoukran!	ليس الآن، شكرا	Darn-it! Not just now, thank you!
Nahnu Rae’een!	نحن رائعين	We are wonderful!

## 8. GETTING:

## الأخذ

Ahlan wa sahlán	أهلا وسهلا	Welcome.
A-aati-ni al nukood, menfudhlak (mfl).	أعطني النقود من فضلك	Please give me the money.
khud al nukood, mfl.	خذ النقود، من فضلك	Please take the money.
Ana akhud al nukood.	أنا أخذ النقود	I take the money.
A-aati-ni tathkara, mfl.	أعطني تذكرة، من فضلك	Please give me the ticket.
khud al tathkara, mfl.	خذ التذكرة، من فضلك	Please take the ticket.
Ana akhud al tathkara.	أنا أخذ التذكرة	I take the ticket.
A-aati-ni hatha al shai, mfl.	أعطني هذا الشيء، من فضلك	Please give me the thing.
Ayna al shai?	أين الشيء؟	Where is the thing?
Ana laa aref	أنا لا أعرف	I do not know.

Mfl! Kademny ela hatha al shakhs	من فضلك، قدمني إلى هذا الشخص	Please introduce me to this person!
Al-La’na alay’hi!!	اللعنة عليه	Darn-it!!!
Yalaha men emra-ah????!!	يالها من امرأة !!	What a woman!!
Heya Rae-ha!	هي رائعة	She is wonderful!

## 9. HAVING:

## على الحصول

Ahlan wa sahlan.	أهلا وسهلا	Welcome.
Ana indi shai-o wahed	أنا عندي شئ واحد	I have one thing.
Ana layssa indi shai-o wahed.	أنا ليس عندي شئ واحد	I do not have one thing.
Anta indak shai-o wahed.	أنت عندك شئ واحد	You have one thing.
Nahnu indana shai-o wahed.	نحن عندنا شئ واحد	We have one thing.
Heya indaha shai -o wahed.	هي عندها شئ واحد	She has one thing.
Ana indi wakt kaleel, ya Anisa!	أنا عندي وقت قليل، ياآنسة !!	I have a little time, Miss!
Hal indak kaleel men al nukood, ya Saiedy?	هل عندك قليل من النقود ياسيدي؟	Do you have some money, Sir?
La.	لا	No.
La-na ton alay'hi.!	لعنة عليه	Oh. "Darn him"!
La- takoul "La-na ton alay'hi ", mfl	من فضلك "لعنة عليه" لاتقل	Please don't say "Darn him"
10. ORDERING (POLITELY):	بأدب/ بالذوق (الطلب)	
Ahlan wa sahlan.	أهلا وسهلا	Welcome.
A-aati-ni shai, mfl.	أعطني شئ ، من فضلك	Please give me the thing.
A-aati-ni el nukood, mfl.	أعطني النقود ، من فضلك	Please give me the money.
A-aati-ni koub men al ma'a mfl.	أعطني كوب من الماء، من فضلك	Please give me a glass of water.
La tashrab al ma'a fi Faransa, mfl!!	لاتشرب الماء في فرنسا، من فضلك	Please don't drink the water in France!!
Tashrab nabiz.	تشرب نبيذ	Drink the wine.
Ta'ala huna, mfl.	تعال هنا، من فضلك	Please come here.
Ethhab hunak, mfl.	إذهب هناك، من فضلك	Please go there.
Eshrab hatha, mfl.	إشرب هذا، من فضلك	Please drink this.
La- ta-akul thalek!	لاتأكل هذا، من فضلك	Do not eat that!
A-aati-ni hatha, mfl.	أعطني هذا، من فضلك	Please give me this.

La takhud thalek, mfl.

لاتأخذ ذلك، من فضلك Please do not take that.

Kol hatha, mfl

قل هذا، من فضلك Please say this.

## 11. GREETING:

### التحية

Ahlan wa sahlán.

أهلاً وسهلاً Welcome.

Marhaba, Aida!!!

مرحباً، عايدة Hello Aida!!!

Marhaba, Paula .

مرحباً، باولا Hello Paula.

Sabah al-khair, Miche.

صباح الخير، ميش Good morning Miche.

Sabah al-khair Sancos.

صباح الخير، سانكوس Good morning Sancos.

Kaif haalak, Eliza?

كيف حالك، إليزا How are you, Eliza?

Ana bekhair, shokran Khulu.

أنا بخير، شكراً خولو I am well, thank you, Khulu.

Queif al hal, Xavier?

كيف الحال، كسافييه؟ How goes it, Xavier?

Jayid, shokran Miguel.

جيد، شكراً ميغل OK , thank you Miguel.

Maas-salama Giles.

مع السلامة جايلز Goodbye Giles.

Maas-salama, Judith.

مع السلامة، جوديث Goodbye Judith.

Naam, OK, Hollie

نعم ، هوللي Yes OK, Hollie.

Enaho Ra-ee

أنه رائع It is wonderful!

OK, Sam?

نعم ، سام؟ OK Sam?

Na'am, OK Lucie.

نعم، لوسى Yes OK, Lucie.

Mo battal, Henri.

مو بطل، هنري Not too bad, Henri.

Hal anta bekhair ya Habibi?

هل أنت بخير يا حبيبي؟ Are you well, my darling?

La!!!

لا No!!!

La'na alay'hi!!! Heya Ra-ea!

لعنة عليها !! هي رائعة Darn-it!!!She is wonderful!

## 12. DESCRIBING:

### الوصف

Ahlan wa sahlán.	أهلاً وسهلاً	Welcome.
Enaho jayid.	إنه جيد	It is good.
Layssa jayid.	ليس جيد	It is not good.
Enaho say'e.	إنه سيئ	It is bad.
Enaho kitab.	إنه كتاب	It is a book.
Hal Howa kabeer?	هل هو كبير؟	Is it big?
La, enaho saghir.	لا، إنه صغير	No, it is small.
Hal Howa sahel?	هل هو سهل؟	Is it easy?
La, enaho saahb.	لا، إنه صعب	No, it is hard.
Hal al ma'a jayid?	هل الماء جيد؟	Is the water good?
La, al ma'a layssa jayid fi Faransa!	لا، الماء ليس جيد في فرنسا	No, the water is not good in France!!
Hal nahnu Ra-aeen?	هل نحن رائعين؟	Are we wonderful?
Naam! Nahnu Ra-aeen	نعم، نحن رائعين	Yes!! We are wonderful
13. KNOWING (THINGS & PEOPLE):	الأشياء والناس (المعرفة)	
Ahlan wa sahlán.	أهلاً وسهلاً	Welcome.
Ana aref hatha.	أنا أعرف هذا	I know this.
Hal anta taref hatha?	هل أنت تعرف هذا؟	Do you know this?
Naam, ana aref hatha.	نعم، أنا أعرف ذلك	Yes, I know this.
Anta taref thalek.	أنت تعرف ذلك	You know that.
Hal anta taref thalek?	هل أنت تعرف ذلك	Do you know that?
La, ana la-stu aref thalek.	لا، لست أعرف ذلك	No, I do not know that.
Ana aref hathehe Al emra'ah.	أنا أعرف هذه الإمراة	I know this woman.



Ana aref hatha Al rajul.	أنا أعرف هذا الرجل	I know the man.
Huwa yaref-ni.	هو يعرفني	He knows me.
Hal inta taref telka Al mar'ah?	هل انت تعرف تلك المرأة؟	Do you know that woman?
La. Sabah al-khair, ya Saiedaty?	لا، صباح الخير ياسيدتى	No. Good morning Madame?
Hal anti bikhair, Sayidahty?	هل أنتى بخير؟	Are you well, Madame?
La, ana la-stu bekhair. Maaas salama!!	لا، أنا لست بخير، مع السلامة	No, I am not well!!! Goodbye!!!
Inta la taref-ha!	أنت لا تعرفها	You do not know her!
Ya lal-aar! Enaha Ra-eaa	باللعار انها رائعة؟	Shame on you! She is wonderful!

#### 14. NUMBERING:

#### الأعداد

Ahlan wa sahlan.	أهلا وسهلا	Welcome.
Ana andi mouchkila.	أنا عندى مشكلة	I have one problem.
Naam. inta indak mouchkila.	نعم، أنت عندك مشكلة	Yes, you have a problem.
La, inta andak mouchkiltain (2).	لا، أنت عندك مشكلتان (2)	No, you have two (of them).
Huwa ando thalatha (3)	هو عنده ثلاثة (3)	He has three.
Heya andaha arba'a. (4)	هى عندها أربعة (4)	She has four.
Ehna andana khamisa (5).	إحنا عندنا خمسة (5)	We have five.
Hal inta andak khamisa?	هل أنت عندك خمسة؟	Do you have five?
Naam. Ala-an ana andi khamas mouchkilat!!!	نعم، الآن أنا عندى خمس مشكلات!!!	Yes now, I have five problems!!!
Kul el atfaal!	كل الأطفال!	All the children!
EL atfaal Rae-een!	الأطفال رائعين	Children are wonderful!

#### 15. ASKING:

#### السؤال

Ahlan wa sahlan	أهلا وسهلا	Welcome.
-----------------	------------	----------

Bikam el kitab? Khamsa dollars.	بكام الكتاب ؟ خمسة دولار	How much is the book? Five dollars.
Bikam hatha al shai? Bikam? Arba'a dollares.	بكام هذا الشئ ؟ بكام ؟ أربعة دولار	How much is this thing? How much? Four dollars.
Ayna howa? Enaho hunak. La, layssa hunak.	أين هو ؟ إنه هناك لا، ليس هناك	Where is it? It is there. No, it is not there.
Ayna el hammam, mfl? Al Twalet hunak.	أين الحمام، من فضلك ؟ التواليت هناك	Where is the toilet, please? The toilet is over there.
Ma hatha? Asif. Matha? Thalek. O, enaho kitab jayid.	ما هذا؟ أسف، ماذا؟ ذلك أو، إنه كتاب جيد	What is that? Pardon. What? That. Oh, it is a good book.
Matha tourid? Ana ourid nabiiz, mfl.	ماذا تريد؟ أنا أريد نبيذ، من فضلك	What do you want? I want the wine, please.
Mann hatha? Nahno hona	من هذا؟ نحن هنا	Who is here? We are here.
Mann telka al mar-ah? Ana la aref. Yalal-la'na! Heya Madonna! Ya laha men emra-ah! Enaha Ra-ea!	من تلك المرأة؟ أنا لا أعرف باللعنة ! هي مادونا يالها من إمراة !! انها رائعة	Who is that woman? I do not know. Shame! It is Madonna! What a woman! She is wonderful!

16. EVERYTHING -  
COLLOQUIAL (without extra  
words)

كل شئ - بالعامية

Ahlan wa sahlán.

أهلا وسهلا Welcome.

Alham dulilla.

الحمد لله God be praised.

Ana akder.

أنا أقدر I can

Ana huna.

أنا هنا I am here.

Inta hunak.

أنت هناك You are there.

Oheb-ak.

أحبك I like you.

Toheb el nukood.

تحب النقود You like the money.

Howa ya'mel hatha.

هو يعمل هذا He does this.

Heya Ta'mel thalek.

هي تعمل ذلك She does that.

Ana akder an atakalam kaleelan  
men al Arabeya

أنا أقدر أن أتكلم قليلا من العربية I can speak a little Arabic!

Inta la yajeb an takoul  
"Yasadeki"!!

أنت لا يجب أن تقول " يا صديقي " !! You should not say "Mate"!!

Ana afham-ok.

أنا أفهمك I understand you.

Anta la tafham-ni.

أنت لا تفهمنى You do not understand me.

Ourid an athhab ela al bar.

أريد أن أذهب إلى البار I want to go to the bar.

Tourid an tathhab ela al-mirhad.

تريد أن تذهب إلى المرحاض You want to go to the toilet.

Alaan, indi wakt kaleel, Ya  
Anessa.

الآن، عندي وقت قليل ياآنسة Now, I have a little time, Miss!

Alaan, hal indak kaleel men al  
nukood, Ya Sayyedy?

الآن، هل عندك قليل من النقود ياسيدى؟ Now, do you have a little money, Sir?

La tashrab al ma'a fi Faransa,  
mfl!!.

لا تشرب الماء في فرنسا، من فضلك Please don't drink the water in France!!

Eshrab nabiz.

إشرب نبيذ Drink the wine.

Kaif haalak, Eliza?	كيف حالك، إيزا؟	How are you, Eliza?
Ana Bekhair, Khulu	أنا بخير، خولو	I am well, thank you, Khulu.
Kaif al-hal, Eliza?	كيف الحال، إيزا؟	How are you, Eliza?
Ana bekhair, Khulu?	أنا بخير، خولو	I am well, thank you, Khulu.
Kaif halek, Eliza?	كيف الحال، إيزا	How are you, Eliza?
Zena, Khulu.	زينة ، خولو	I am well, thank you, Khulu.
La-ba's, Khulu.	لابأس، خولو	I am well, thank you, Khulu.
Kuli zen, Khulu?	كلى زين، خولو	I am well, thank you, Khulu.
Alham dulilla.	الحمد لله	God be praised.
Hal howa kabeer?	هل هو كبير؟	Is it big?
La, enaho saghir.	لا، إنه صغير	No, it is small.
Anta la ta'ref telka al mar-ah.	أنت لاتعرف تلك المرأة	You do not know that woman.
Ya lal-aar! Enaha Ra-ea	إنها رائعة باللعار!	Shame! She is wonderful!
Naam alaam, ana indi khamas mouchkilat!!	إنعم الآن، أنا عندي خمس مشكلات	Yes now, I have five problems!!!
Kul al atfal!	كل الأطفال!	All the children!
Ma Hatha?	ما هذا؟	What is that?
Asif. Matha?	آسف ، ماذا ؟	Pardon. What?
Huwa Hunak.	هو هناك	There it is.
Labaes	لابأس	Not bad.
Ya lal-aar!	ياللعار	Shame!
Tayib?	طيب؟	OK?
Huwa "Aal".	عال " هو "	Yes, it's cool!
Naam huwa Aal!	عال " نعم هو "	Yes, it's cool!
Naam, howa layssa saye'!	نعم، هو ليس سيئ	Yes, it's not too bad.
Naam, hasanan!	نعم ، حسنا	Yes, it's OK.
La takoul "hatha"!!!	هذا " لاتقل "	Do not say "that"!!!

Enaho layssa Aal!!

Naam, inta ra-ea!

Ila-al lika'a!

إنه ليس عال !! It is not cool (upper class)!!!

نعم، أنت رائع Yes you are wonderful!

إلى اللقاء Bye bye. See you soon!

## 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 Arabic place ... in you mind ... as needs arise ... without conscious effort ...

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

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

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... "Arabic 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
marhaba	sabah al-khair	kaifhaalak?	Anabekhair	Shokran
مرحبا	صباح الخير	كيف حالك	أنا بخير	شكرا

goodbye	yes	OK	no	not too bad
maas-salama	Naam	tayib	la/layssa	Labaes
مع السلامة	نعم	طيب	لا / ليس	لابأس

Darn!	there it is!	welcome	"Cool"!!!	“Mate”!
Yil-anoo!	Ha howa	ahlan wa sahlana.	Aal	Sadeek
يلعنه	ها هو	أهلا وسهلا	عال	صديق

b. Verbs :

to be	have	like	want	can
yakoon	indaho	yoheb	Yourid	Yakder
يكون	عنده	يحب	يريد	يقدر

do	give	say/ speak	to go	to come
Ya'mel	yo'ti	yatakalam	yathhab	ya'ati
يعمل	يعطى	يتكلم	بذهب	يعطى

take	eat	drink	sleep	know
ya'khud	yakul	yashrab	yinaam	ya'ref
ياخذ	يأكل	يشرب	ينام	يعرف

understand	must	possible	can	see
yifham	Yajib	mumkin	yakder	Yara/yashouf
يفهم	يجب	ممکن	يقدر	يرى / يشوف



some	a	the	to	from
baad al	wahed	al-	Ela	Min
بعض الـ	واحد	الـ	إلى	من

d. Pronouns:

I	you	he	she	we
Ana	inta	huwa	heya	Nahnu/ ehna
أنا	أنت	هو	هي	نحن/ إحنا

it	this	that	Mr	Mrs
enaho	haatha	thalek	al-Saied	al-Saieda
إنه	هذا	ذلك	السيد	السيدة

e. Nouns:

money	thing	man	woman	water
nukood	shai	rajul	emrah	ma'a
النقود	الشيء	رجل	إمرأة	ماء

car	ticket	book	friend	lover
sayyara	tathkara	kitab	sadeek	habib
سيارة	تذكرة	كتاب	صديق	حبيب

f. Adjectives/adverbs/Other:

good	bad	big	small	now
jayid	say ye'	kabeer	saghir	al'aan
جيد	سيئ	كبير	صغير	الآن

later	a little	Wonderful/Great	happy
muta'akher	kaleelan	Ra-ee/ Aziim	Saeed

متأخر	قليلا	رائع/ عظيم	سعيد
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g. Interrogatives:

how much?	where?	what?	who?	when?	How?
bikam?	ayna?	matha?	mann?	mataa?	Kaif?
بكام؟	أين؟	ماذا؟	من؟	متى؟	كيف؟

Note: What is this? Ma hatha?  
Question? Hal?

h. Numbers:

one	two	three	four	five
wahed	itnen	thalatha	arba'a	Khamsa
واحد	إثنين	ثلاثة	أربعة	خمسة

six	seven	eight	nine	ten
setta	Saba'a	tamanya	Tes-aa	Ashara
ستة	سبعة	ثمانية	تسعة	عشرة

i. And some survival words:

toilet	please	but	never	food
hammam	menfudhlak	laakin	abadan	Akel
حمام	من فضلك	لكن	أبدا	أكل

train	bus	home	work	To work
Qetar	Bus/autobees	menzel/bayt	amal	Ya'mel
قطار	باس/ أتوبيس	منزل/ بيت	عمل	يعمل

day	today	tomorrow	week	year
yom	alyom	ghaddan	osbua	Sana
يوم	اليوم	غدا	أسبوع	سنة

time	hour	minute	paper	newspaper
wakt	sa'aa	dakeeka	wara'	Gariida
وقت	ساعة	دقيقة	ورق	جريدة

hamburger	McDonalds	think	remember	read
hamburger	McDonalds	yefakkar	Yiftikir	yakra'a
هامبورجر	ماكدونالدس	يفكر	يفتكر	يقرأ

write	laugh	cry	later	stop
yaktub	yidhak	yabkee	ba'adain	Bas/ kefaya
يكتب	يضحك	يبكى	بعدين	بس/ كفاية

policeman	mate	dance	See you	sa-al/salam
police	sahbi	yarkos	Ela Al Lekaa	bye bye
بوليس	صاحبى	يرقص	إلى اللقاء	باى باى

## 19. NATURAL FEEDBACK AND NEW IDEAS

1. HOW DID YOU FIND IT BEST FOR YOU ... TO DO THE PROGRAM?
2. WHAT WAS EASY?
3. WHAT WAS NOT EASY?
4. HOW ARE YOU USING WHAT YOU LEARNED?
5. WHAT SURPRISED YOU ABOUT THE PROGRAM?
6. WHAT SURPRISED YOU ABOUT YOURSELF?
7. HOW DID FRIENDS AND FAMILY REACT?
8. CAN YOU NOW HELP OTHERS TO LEARN?
9. WHAT NEW IDEAS FOR CRE?
10. 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:

Welcome Ahlan wa sahlan

Hallo Marhaba

Yes/no Naam/la

Please Menfadhlak - mfl.

Thank you. Shokran

Excuse me Asif/afwan

### INTRODUCTIONS:

Good morning Sabah al-khair

Good-bye. Maas-salama

My name is ... Ismi ...

What is your name? Ma (what) ism-ouka (your)?

How are you? Kaif (how) haalak?

Fine thanks Ana bekhair (well) , shokran.

And you? Wa inta?

Where do you come from? Min (from) ayna tati (come)?

I'm from: Ayna (come) min:

France Faransa

England Ingiltira

America Amerika

I'm with: Ana (I) fi ...

UN UN

Shell Shell

## QUESTIONS:

When/how?

Mataa//kiif ?

Wh/why?

Matha/ limatha?

Who/which?

Mann/eiy?

Where is/are ...?

Ayna ...?

Where can I find ...?

Ayna ajid ...?

How much is it?

Bikam thalek?

Possible for you to help, please?

Mumkin (possible) tisadi (help)-ni (you), mfl?

What does this mean?

Matha (what) ya'nee hatha (this) haize (mean)?

## UNDERSTANDING:

I understand

Ana afham.

I don't understand.

Ana lastu (not) afham.

Please say that again.

Mfl, kol (say) hatha (that) marra (once) okhra (more)

Can you translate this?

Hal (question) youmkin antoutarjem (translate) hatha (this) ?

Can I have...please?

Ourid (want) ... mfl.

Do you speak English?

Hal (question) tatakalam (speak) Inglizi?

I don't speak ....

Ana lastu (not) atakalam ....

I speak a little ...

Atakalam kaleel (little) ...

## COMMENTS:

It's:

Enaho:

better/worse

ahsan/aswa'a

big/small

kabeer/saghir

cheap/expensive

rakhees/ghali

good/bad

hot/cold

near/far

jayid/saye

sokhon/bared

kareeb/baiid

#### FOOD:

I like:

breakfast

lunch

dinner.

Ourid:

futur

ghada

asha

May I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Mfl. Ourid ... kaleel (a little) :

khubtz/zibda

gibna

baid

lahma/batatis

tiffahb/bortokal

kahwa/shay

halib/ laban

aseer faakiha

maa

I want to pay now.

We enjoy it.

Ana ourid (want) an adfaa (pay) al'an (now).

Nahnu *nastamteh* (enjoy) thalek.

#### TRANSIT:

Where is the nearest shop?

Where can I find a taxi?

How much is it to ...?

Ayna akrab (nearest) mahal?

Ayna ajed (find) taaksi?

Bikam ela ...?

Take me to this address.

Khud-ni (take-me) ela hatha (this) al enwan (address)...

Please stop here.

This is the wrong road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town center

pharmacy

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Green

I want to buy:

aspirin

soap

Kiff huna (here) mfl..

Hatha tarik ghalat (wrong).

Ithhab (go) ila al aamam ...

Enaho hunak (there) ...

al shimal/yaamin

karib min/baad

chamaal/djanoub

charq/gharb

Ayna ... :

wassat el madina (town)

saydaliyya

Hal (question) indak ...?

Bikam hatha/thalek (that)?

Saa /sawaf (I will) ajhud-ha.

Chou andak (have) alwan (colour) ...?

aswad

azrak

ahmar

abyad

Asfar

akhdar

Ourid an ashtray (buy):

aspirina

sabun



half kilo apples

noss kilo toffah

litre of milk

liter halib

film/newspaper

filemm/jaridaē

#### TELEPHONE:

Hello, I am ...

Hallo, ana ....

Please speak more:

Mfl tatakalam (speak) ~~akther~~ ....:

louder

be sout aala

slowly

ala mahlak

Who do you want?

Mann (what) tourid?

I want ...:

Ourid ...:

Mr.

Al-Saied

Mrs.

Al-Saieda

Miss

Al-Anissase

When is he here?

Mataa (when) yakoon huwa (he) huna?

Ask him to call me, please?

Mfl, otlob (ask) minho al ittisal-bi (me).

#### TIME:

Do we have a little time?

Hal (question) indana kaleel (little) menal wakt (time)?

What time is it?

Kam (how many ) al saa (hour)?

The time now is...

Alaan (now) al saa ...

five past one

waheda (1) wa khamsa (5) daqaaek (minutes)

quarter to three

thalatta (3) ella(before) ribee

four o'clock

arba (4)

half past five

khamsa (5) wa nisf (half)

#### MEETINGS:

We will see you:

Sawfa naraak (you) ...

today	alyom
tomorrow	ghaddan
next week	el ousbu (week) el kadim
in the morning	sabah (morning) an
in the afternoon	baad (after) el zouhr
in the evening	masa an
tonight	achiye/ masa'an
soon	awam

You are right/wrong.

Indak (you have) haq /khatta.

That is right

Enaho saheeh

#### LOCATIONS:

Here/there

Huna/hunak

At the office

Bil (at) maktab

Is it near/far?

Hal (question) howa karib/baiid?

How many hours to go there?

Kam (how many) saa li athhab (go) ela hunak?

## 21. PLAY QUIZ

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

- |    |   |  |
|----|---|--|
| a. | I am very well                            | Shokran.                               |
| b. | Excuse me                                 | Skokran                                |
| c. | Thank you.                                | Ana bekhair.                           |
| d. | OK  | Asif/ afwan                            |
| e. | Welcome                                   | Tamel jayid.                           |
| f. | Well done                                 | Ahlan wa sahlán                        |
| g. | Hello                                     | Kaif haalak?                           |
| h. | How are you?                              | Marhaba.                               |
| i. | What is this in arabic?                   | La.                                    |
| j. | I can do that.                            | Asif / afwan                           |
| k. | Excuse me.                                | Matha hatha fi arabiya?                |
| l. | No.                                       | Akder amel thalek.                     |
| m. | Yes. It is "cool"!!                       | Sably? garssone                        |
| n. | Please                                    | Menfudhlakfl.                          |
| o. | Where are you going?                      | Naam. Huwa "Aal" !!                    |
| p. | Waiter?                                   | Ayna tathhab?                          |
| q. | How much is that?                         | Kam el saa?                            |
| r. | Where is the toilet?                      | Ayna/mataa/limatha?                    |
| s. | Where/when/why?                           | Ayna mirhad?                           |
| t. | What time is it?                          | Bikam thalek?                          |
| u. | Can you help me please?                   | Ana la afham.                          |
| v. | I do not understand                       | Mfl tatakalam ala mahlak.              |
| w. | What does this mean?                      | Mumkin yisadi ni, mfl?                 |
| x. | Please speak slowly.                      | Matha hatha haizi?                     |
| y. | Damn!/See you later.                      | Aahlan wa sahlán!!                     |
| z. | You are most welcome!!<br>Alham dualilla. | Al La'na/Ital lika.<br>God be praised. |

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

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

Our natural suggestions for this week are:

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

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

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

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

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

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

Day 7 - SPEAK with the tape with fun and confidence.

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

Special Vocabulary for UNHCR

English	Pashto	Dari	Arabic (insert)
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 paxdy 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	

Legal protection	kaanuni saatdna	hymayat e kano
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	ayaaalat	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
War	jagara	jangue
Water	aaba	aab
Wife	kaza	zawja/khanom

## APPENDIX C - BRIEF GRAMMAR

(Just read now and study later ... discuss with a natural speaker))

Note: In Arabic many words are understood and thus are often omitted, such as: a, the, I, you, is, are etc.

### 1. Structures:

Ana (akoon) huna.

I (am) here.

*I (am) here.*

RAJUL huna.

A MAN is here.

*Man here.*

HAL rajul huna?

Is a man here?

*Question man here?*

### 2. Articles:

AL rajul huna.

THE man is here.

*The man here*

### 3. Nouns, adjectives and pronouns:

Al REJEL huna.

The MEN (are) here.

*The men here*

Al rajul JAYID huna.

The GOOD man is here.

*The man good here*

HUWA rajul.

HE is a man.

*He man*

### 4. Possessions:

Rajul-I huna.

MY man is here.

*Man - my here*

### 5. Relatives:

Al rajul ALATHI huna ....

The man WHO is here ....

*The man who here*



6. Demonstratives:

HAATHA rajul huna.

*This man here*

THALEK rajul HUNAK.

*THAT man THERE.*

THIS man is here.

THAT man is there.

7. Questions:

MATHA haatha?

*What this?*

MANN hatha?

*Who that?*

AYNA al-rajul?

*Where the man?*

BIKAM al-kitab?

*How much the book?*

WHAT is this?

WHO is that?

WHERE is the man?

HOW-MUCH is the book?

8. Instructions:

T-AMEL haatha!

*Do this!*

TA-ATI huna!

*Come here!*

DO this!

COME here!

9. Negatives:

NAAM, ana INDI kitab.

*Yes, I have book.*

LA, ana LAYSSA indi kitab

*No, I not have book.*

BU ta-ati huna!

*Not come here!*

YES, I HAVE the book.

NO, I do NOT have the book.

Do NOT come here.

10. Basic verbs:

Ana (a-koon) /ind-i /ourid

I (am)/have/want

Anta (ta-koon) /ind-ek /t-ourid

You (are)/have/want

Heya (ya-koon) /ind-aho /y-ourid

He (is)/has/wants

## BROCHURE

### CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT - FOR JUST 30 MINUTES

**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 staff members on short or long missions to developed and developing countries to feel more comfortable and effective in achieving better working relationships in English, with local government, 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 in: English, French, German, Spanish, Portuguese, Finnish, Arabic, Urdu, Pashto, Dari, Turkmen, Uzbek, Tajik, Hindi, Indonesian, Malay, Shona, Russian, Mandarin with other languages in process: Cantonese, Xhosa, Zulu, Tswana, Swedish, Nepali, Italian, Zulu, Swahili Sudanese 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:** 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.

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## THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - complete with ARABIC ... and discuss with a natural speaker)

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

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

