

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind,
they give you the CONFIDENCE to RELAX and LEARN naturally
without EFFORT ... NDA-TENDA"

NO. 309 - SHONA from ENGLISH

Version 7 - with a few minor errors - January 2003

Note:

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

Books to buy: Lonely Planet/Berlitz phrase books.

Source: Dr. Bob Boland (EI) and Dr M.T.Mbizo (WHO) and Dr Catherine d'Arcangues (WHO), and Dr Giles Boland (Harvard) and Boston University and the Team. <http://www.bu.edu/familymed/distance/cre/introduction.htm>

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DEDICATION

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

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

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

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

| | |
|-------------------|--------------------------------------|
| Thank you. | Nda-tenda |
| Hello | Mhoroi |
| Yes/no | Eehe, hongu/Alwa, kwete |
| Please | Ndapotawo |
| Excuse me | Pa-muso-roi |
| Negative | Ha-/si/u- |
| God morning | Manga-wanani |
| My name is ... | Zita (name) ra-ngu (my) ndi (is) ... |
| Your name is ...? | Zita ra-ku (your) ndi ...? |
| How are you? | Waka dii? |
| Fine (thanks) | Ndi-ripo (fine) |
| Good-bye. | Chi-sara-i (i = plural) |

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 Shona many times slowly ... and then at high speed)

| | | |
|--------------|-----------|--------------|
| Thank you | Nda-tenda | NDA-TEN-DAA |
| Hello | Mho-roi | MHOE-ROY |
| Mr. | Va | VAA |
| Mrs. | Mai | MY |
| Yes | Ee-he | EE-HER |
| No | Ai-wa | EYE-WAA |
| Good | Na-ka | NAA-KA |
| Please | Nda-pota | NDAA-PO-TAA |
| Do you have? | U-ne? | UUU-NAY? |
| Goodbye | Chi-sara | CHEE-SAA-RA |
| For now | Kwa-zvino | KWAA-ZVVEENO |
| Who? | A-ni? | AA-NEE |

| | | |
|---------------|------------------|----------------------|
| What? | Chi-i? | CHEE-EE |
| I want | Ndi-no-da | NNDDEE-NO-DAA |
| Where? | Kupi? | KOO-PEE |
| OK! | Ndi-zve! | NDEE-ZVAY! |

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

NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

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

- 1 - Do IRT. Then make an audio recording of Shona only for sections 2-15 at high speed - for fun ... as a baseline record of where you started! Then do the Throat exercise - 16 key words. Then play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!

Play the tape **WITHOUT** the text, **SPEAKING IN VERY DRAMATIC** style.
Repeat the Throat exercise.

Begin to create simple conversation with the Mini-phrase book (Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!

Play the tape with the text, **SPEAKING SOFTLY** with a good accent.

Do **SPEED READING** (Sections 2-16) and Mini-phrase Book.

5 - Play the tape **WITHOUT** the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book.
Do **SPEED READING** (2-16).

6 - Play the tape **SPEAKING** with a beautiful **CONFIDENT** accent.

Do the quiz (1 page). Create conversation with mini phrase book.

Do **SPEED READING** (2-16) and Mini-phrase book 14 minutes.

Plan for individual review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

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

1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of very personal expectations.

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

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

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

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

2. HERE AND THERE:

Ndi-ri (am)-pano (here).

U-ri-apo.

U-ri-apo here (question)?

Eehe (yes), u-ri-apo.

U-ri-pano here?

Aiwa (no), ha (not)-u-si (are not)-pano.

Chi- (it) -ri-pano.

Chi-ri kupi (where)?

Chi-ri pano.

Chi-ri apo here (question)?

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

Ha (not) -ndi-zive (know).

Miguel a (he)-ri-kupi (where)?

Ha (not) -a (he)-si (is) pano.

A-ri (is) kupi?

Ha (not) -ndi-ziva (know).

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Demu! A-ri-apo!

A-no (is)-shamisa!

Darn! There he is!

He is wonderful!

3. LIKING:

Ndi-no (I) da (like) iwe (you).

U-no-ndi (me)-da (like) here (question)?

Eehe, ndi-no-ku (you)-da (like).

U-no-da mari (money) here?

Eehe, ndi-no-da mari.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Ndi-no-da mvura (water).

U-no-da mvura.

Ndi-no-da ma bhuku.

A (he) -no-da motokari.

Ha (not)-a(she)-di (like) motokari.

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

U-no-da chika-fu (food) che-manheru?

Aiwa, ha (not)-ndi-di chi-kafu che-manheru.

Oh. Demu. Mate!

Ndapota (please) u-(not) sati (say) Mate.

Do you like the food for the evening (dinner)?

No, I do not like the dinner.

Oh. Darn! Mate!

Please do not say Mate!

4. DOING:

Ndi-no-ita (do).

Ndi-no-ita ichi (this)

U-no-ita (do).

U-no-ita icho (that).

Ti-no-ita icho.

Zvakare (and), ti-no fara (happy)

I do.

I do this.

You do.

You do that

We do that.

And, we are happy.

Zv-aka (is it) reruka (easy) here (question)?

Eehe, ha- (not) zvi-rema.

U-no-ita (do) ichi (that) here ?

Ita (do) zvi (that), ndapota (please)!!!

Demu!!

Zvi-no (it is)-shemisa (wonderful).

Is it easy?

Yes, not difficult.

Do you do that?

Do that please!!!

Darn!!!

It is wonderful!

5. CAN/ABLE TO DO:

Ndi-no-gona (can).

I can

Ndi-no-gona here?

Can I?

Eehe, ndi-no-gona.

Yes, I can.

U-no-gona ku-ita (do) ichi here?

Can you do this?

Eehe, ndi-no-gona ku-ita icho.

Yes, I can do that.

Ndi-no-gona ku-dya (eat) zvi-shoma (little).

I can eat a little.

Ndi-no-gona ku-nwa (drink) zvi- shoma.

I can drink a little.

Ndi-no-gona ku-enda (go).

I can go.

Ndi-no-gona ku-uya (come).

I can come.

Ndi-no-gona ku-kotsira (sleep).

I can sleep.

U (you) -no-gona ku-taura (speak).

You can speak.

U-no-gona ku-taura here (question)?

Can you speak?

Eehe, ndi-no-gona.

Yes, I can.

U-no-gona ku-ita (do) ichi here?

Can you do this?

Aiwa, han (not)-ndi-gona ku-ita izvo (that).

No, I can not do that.

U-no-gona ku-nzwa (understand)?

You can understand?

U-no-gona ku-nzwa here (question)?

Can you understand?

U-no- gona ku-nzwa here?

Can you understand?

Eehe, zvi-shoma.

Yes, a little.

U-no gona ku-taura Mate here?

Can you say Mate?

Eehe, ndi-no-gona ku-taura Shona-shoma!

Yes, I can speak a little Shona!

Demu! Ndi-no-shamisa (wonderful)!!

Darn! I'm wonderful!

6. UNDERSTANDING:

Ndi-no-nzwe (understand).

Ha (not)-ndi-nzwe.

U-no-nzwa.

Ha (not)-u-nzwe.

U-no-nzwe va-kadzi (women)?

I understand.

I do not understand.

You understand.

You do not understand.

Do you understand women?

Aiwa. Aiwa. Ha (not)-ndi-va (them)-nzwe!!

Oh. Demu! Mate!

Ndapota (please) u-(not) sati (say) Mate.

U-no-shamisa!

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

Oh. Darn! Mate!

Please do not say Mate!

You're wonderful!

7. WANTING:

Ndi-no-da.

Ndi-no-da ku-dya (eat) -zvi-shoma.

Ndi-no-da ku-nwa (drink) -zvi-shoma.

Ndi-no-da ku-enda (go) ku chimbuzi!

U-no-da (want) ku-dya (eat) -zvi-shoma?

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

Aiwa, ha (not)-ndi-di ku-dya (eat).

Demu.! Ndi-no-da (want) ku (you)-ku-pa (give)-zvi-shoma.

No, I do not want to eat.

Darn! I want to give you a bit.

Aiwa nda-tenda.

Ndi-no-da (want) ku-uya (come).

U-no-da ku-kotsira (sleep) ne-ni (with me) here?

No thank you.

I want to come.

Do you want to sleep with me?

Aiwa, ha (not)-ndi-di (want) ku-kotsira.

Miguel, u-no-da (want) ku-dya madafi (frogs) here?

No, I do not want to sleep.

Miguel do you want to eat frogs?

Demu! Aiwa ha-ikona zvino, ndatenda!
Ti-no (we)-shamisa!

Darn! Not just now, thank you!
We are wonderful!

8. GETTING:

Ndapota (please), ndi-(me)-pe (give) mari.
Ndapota, tora (take) mari.
Ndi-no-tora mari (money).
Ndapota, ndi-pe tikiti.
Ndapota, tora tikiti.

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

Ndi-no-tora tikiti..
Ndapota, ndi-pe chinhu (thing)
Chinhu chiri kupi (where)?
Ha-ndi-ziva (know).
Ndapota, ndi-pe murume mu-kuru (big)!!

I take the ticket.
Please give me the thing.
Where is the thing?
I do not know.
Please give me a big man!!!

Demu!!! Mu-kadzi chaiye!!
A-no-shamisa!

Darn!!! What a woman!!
She is wonderful!

9. HAVING:

Ndi-ne (have) chinhu (thing) chimwe (one)
Ha (bit) -ndi-na chinhu chimwe
U-ne chinhu chi-mwe (one).
Ti-ne chinhu ch-imwe.
A-ne chinhu chi-mwe.

I have one thing.
I do not have one thing.
You have one thing.
We have one thing.
She has one thing.

Ndi-ne-nguwa(time) shoma, Sisi!

I have a little time, Miss!

Kasi, u-ne mari-vzi shoma here, Mukuru?
Aiwa.
O. Mate!
Ndapota (please) u-(not) sati (say) Mate.

But, do you have a little money, Sir?
No.
Oh. Mate!
Please do not say Mate!

10. ORDERING (POLITELY):

Ndapota, ndi-pe (give) chinhu (thing).
Ndapota, ndi-pe mari.
Ndapota, ndi-pe mvura.
Nda-tenda.
Ndapota (please), u-sa- (not)-nwe (drink)
mvura ku-Francia!!
I-nwa (drink) waini.
Ndapota, uya (come) pano.
Ndapota, enda (go) apo.
Ndapota, i-nwa (drink) ichi.
U-sa-(not)-dye(eat) icho!

Please, give me the thing.
Please, give me the money.
Please, give me the water.
Thank you.
Please, don't drink the water in France!!
Drink the wine.
Please, come here.
Please, go there.
Please, drink this.
Do not eat that!

Ndapota, ndi-pe (give) ichi.
Ndapota, u-sa (not)- tore (take) icho.
Ndapota, taura izvi.
Ndapota, u-sa (not)-ti (say) Mate.
Demu! Nda-tenda. U-no-shamisa!

Please, give me this.
Please, do not take that.
Please, say this.
Please, do not say Mate!
Darn! Thank you. You are wonderful!

11. GREETING (FORMAL AND WITH "COOL" SLANG):

Mhoro Michelle.
Kanjani Paula.

Hello Michelle.
Hello Paula.

Mang-wanani, Miche.

Mang-wanani Sancos.

Waka-dii, Eliza?

Ndi-ripo, nda-tenda, Khulu.

Zvino famba seyi, Xavier?

Zvakanako, ndatenda, Miguel.

Chisara zvakanaka, Giles.

Chisara, Judith.

Eehe zvakanaka, Hollie

Zvi-no-shamisa, Heidi!

Zvakanako, Sam.?

Eehe zvakanako, Lucie.

Ha-zvina kunyanya kuipa, Henri.

Waka-diyi, Mu-diwa?

Aiwa!!!

Demu! A-no-shamisa!

Good morning Miche.

Good morning Sancos.

How are you, Eliza?

I am well, thank you, Khulu.

How goes it, Xavier?

OK , thank you Miguel.

Goodbye Giles.

Bye bye Judith.

Yes OK, Hollie.

It is wonderful, Heidi!

OK Sam?

Yes OK, Lucie.

Not too bad, Henri.

Are you well, my darling?

No!!!

Darn! She's wonderful!

12. DESCRIBING:

Zva-kanako,

Ha (not)-zvi-na kunaka.

Zva-kaipa.

I-bukhu.

Chaka-kuru here?

Aiwa, chidiki.

Zvaka reruka here?

It's good.

It's not good.

It's bad.

It's a book.

Is it big?

No, it is small.

Is it easy?

Aiwa, zva-kaome.

Mvura yakanaka here?

Aiwa, mvura ku-Francia, ha (not) -ina-kunako)good)!!

O Mate!!!

Ndapota (please) u-(not) sati (say) Mate.

Ti-no shamisa here?

Demu! Eehe!!

No, it is hard.

Is the water good?

No, the water is not good in France!!

Oh Mate!!!

Please do not say Mate!

Are we wonderful?

Darn! Yes!!

13. KNOWING (THINGS & PEOPLE):

Ndi-no-ziva (know) ichi.

U-no-ziva ichi here?

Eehe, ndi-no-ziva ichi.

U-no-ziva icho.

U-no-ziva (know) icho here (question)?

I know this.

Do you know this?

Yes, I know this.

You know that.

Do you know that?

Aiwa, ha (not)-ndi-no-ziva icho.

Ndi-no-ziva uyo (that) mukadzi.

Ndi-no-ziva uyo (that) murume.

A-no-ndi (me)-ziva (knows).

U-no-ziva uyo (that) mukadzi here?

No, I do not know that.

I know that woman.

I know the man.

He knows me.

Do you know that woman?

Aiwa, Mang-wanani, Sisi?

Ma kadii, Sisi?

Aiwa. Ha (not)-ndi-si-kunzwe zvakanako!! Chi-saralll!

No. Good morning, Dear?

Are you well, Dear?

No. I am not well!!! Goodbye!!!

Ha (not)-u-mu- (her) zive (know)!
Demu! A-no-shamisa!

You do not know her!
Darn! She is wonderful!

14. NUMBERING:

Ndi-ne (have) chimwe chinonetsa? ???
Eehe, u-ne chinonetsa (problem).
Aiwa, u-ne m-biri (2).
A-ne n-hatu (3).
A-ne ina.

I have one problem.
Yes, you have a problem.
No, you have two.
He has three.
She has four.

Ti-ne shanu (5).
U-ne shanu here?
Eehe zvino (now) , ndi-ne zvi-shanu zvi-
nonetsa!!
Vese vana (children)!
Vana vano shamisa!

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

All the children!
Children are wonderful!

15. ASKING:

Bhuku i-marii?
Ma-dora (dollars) ma-shanu (5).
Chinhu ichi i-marii?
Imarii?
Ma-dora mana (4).

How much is the book?
Five dollars.
How much is this thing?
How much?
Four dollars.

Ch-iri (it is) kupi (where)?
Ch-iri apo.
Aiwa, ha (not)-chisi apo.

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

Chimbuzii (toilet) ch-iri kupi (where),
ndapota?

Chimbuzi ch-iri apo.

Ch-ii (what) -icho?

Pa-muso-roi. Ch-ii?

Icho.

O, I-bhuku rakanako (good).

U-noda (want) chii (what)?

Ndapota, ndi-pe (give) waini,

Ndi-yani (who) ari (is) pano?

Ti-ri-pano.

Ndiyani (who) mu-kadzi uyo (that)?

Ha- (not)-ndi-ziva (know).

Demu! Ndi- Madonna!

Mu-kadzi chai-ye! A-no-shamisai!

Where is the toilet, please?

The toilet is over there.

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

Please give me the wine.

Who is here?

We are here.

Who is that woman?

I do not know.

Darn! It is Madonna!

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL - FORMAL AND SLANG:

Ndi-ri-pano.

U-ri apo.

Ndi-no-ku (you) -da (like).

U-no-da mari.

A-no-ita (does) izvi (this).

A-no-ita izvo.

Ndi-no-gona (can) ku-taura Shona-shoma!

Ndapota (please) u-(not) sati (say) Mate.

I am here.

You are there.

I like you.

You like the money.

He does this.

She does that.

I can speak a little Shona!

Please do not say Mate!

Ndi-no-ku (you)- nzwe (understand).

Ha-u-ndi (me) nzwe.

Ndi-no-da (want) ku-enda ku-bawa.

U-no-da ku-enda ku-chimbuzi.

Ndi-ne nguwa-shoma, Sisi?

Kasi, u-ne mari-shoma, Mukuru?

Ndapota (please), u-sa- (not)-nwe (drink)
mvura ku-Frans!!

In-wa (drink) waini.

Waka-dii, Eliza?

Ndi-ripo, nda-tenda, Khulu.

Chi-hombe, Mukuru?

Aiwa, chi-diki, Mai.

Hau-mu-zive (her)!

Demu! A-no-shamisa!

Eehe zvino (now), ndi-ne shanu (5)
chinonetsa.

Vese vana!

Chi-ye ichi?

Pa-muso-roi, Chii?

Ch-iri apo.

Hozvina kuipa.

Demii!!

Ndi-zvo?

Eehe ndi-zvo!

Eehe, zv-iri boo

Eehe, ndi-zvo zv-iri boo.

I understand you.

You do not understand me.

I want to go to the bar.

You want to go to the toilet.

I have a little time, Miss!

But, do you have a little money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Madame.

You do not know her!

Darn! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Not bad.

Darn!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes, it's cool! (upper class)

Ndapota (please) u (not) -sati (say) Mate.

Ha (not)- zvisi-boo-zuiri!

Please do not say Mate!

It is not cool (upper class)!!!

Ndi-no-fanira ku-ita (do) izvi (this).

U-no-fanira (must) ku-ita izvo.

I must do this.

You must do that

Shamisa?

Eehe, u-no-shamisa!

Wonderful?

Yes you are wonderful!

Chi-sara kwa-zvina!

Bye bye, for now!

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 ... as needs arise ... without conscious effort ... because ... you will believe ... you can do it ...

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

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

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

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

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

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/Exclamations:

| | | | | |
|-----------------|--------------------|-----------------------------|--------------------------------------------------|-----------------------|
| hello | good morning, | how are you? | I am well | thank you |
| mhoroi | mang-wanani | waka-dii? | Ndi-ripo | nda-tenda |
| goodbye | yes | no/not | OK | not too bad |
| chi-sara | eehe/hongu | aiwa/kwete/ ha/u | ndi-zvo | hazvina kuiupe |
| Darn! | Mate! | there it is! | "cool"!!! | pardon/excuse me |
| demu! | Mate! | ch-iri apo | ndi-zuo zv-iri boo!!! zv-iri | pa-musa-roi |

b. Verbs: ku-

| | | | | |
|--------------------|-------------------|--------------|------------------|--------------|
| to be | have | like | want | can |
| -iri/ch-iri | -ne | -da | -da | -gona |
| do | say/speak | go | come | give |
| -ita | -ati/taura | -enda | -uya/-bva | -pa |
| take | eat | drink | sleep | know |
| -tora | -dya | -nwa | -kotsira | -ziva |
| understand | must | get | find/see | think |

| | | | | |
|--------------|----------------|--------------|-------------------|--------------|
| -nzwa | -fanira | -tora | tsaga/-ona | funga |
|--------------|----------------|--------------|-------------------|--------------|

c. Prepositions:

| | | | | |
|-----------------------|----------|-----------------|-----------|-----------|
| some | a | the | from | to |
| -mwe/zvi-shoma | a | i/zvi/mo | ku | ku |

d. Pronouns:

| | | | | |
|-------------------------|-----------------------|---------------------------|-----------------|---------------|
| I | you | he | she | we |
| ndi | u/mu/wu/iwe | a/mu/iye | a/mu/iye | ti/isn |
| inini (I myself) | iwewe | iyeye | iyeye | isusu |
| it | this | that | Mr | Mrs. |
| zvaka/chi/ichi | ichi/chino/uno | icho/ichi/izvo/uyo | Va | Mai |
| izvi | yoka/zaka | | | |

e. Nouns:

| | | | | |
|-----------------|---------------|----------------|-----------------|--------------|
| money | thing | man | woman | water |
| mari | chinhu | mu-rume | mu-kadzi | mvura |
| car | ticket | book | friend | |
| motokari | tikiti | bhuku | shamwari | |

f. Adjectives/adverbs/Other:

| | | | | |
|--------------------|-------------|--------------------|--------------------|--------------|
| good | bad | big | small | now |
| -naka/-vaka | -ipa | kuru/-hombe | -duku/-diki | zvino |

| | | | | |
|----------------|------------------|-----------------|--------------|--------------------|
| later | a little | wonderful! | happy | easy/difficult |
| pashure | zvi-shoma | -shamisa | -fara | reruka/-oma |

here/there

pano/apo

g. Interrogatives:

| | | | | |
|----------------------|---------------|--------------|--------------|---------------|
| how much? | where? | what? | who? | when? |
| imarii/ngani? | -kupi? | chii? | -ani? | -rini? |

Note: What is this? **Chi-I ichi?** Please
Ndapota Negative **ha/sa**

Question: ... **here?** Action: ... **no**

h. Numbers:

| | | | | |
|------------|--------------|-------------|-----------|--------------|
| one | two | three | four | five |
| mwe | mbiri | tatu | na | shanu |

i. And some survival words:

always (mazuve ese)

bus (bhazi)

but (kasi)

paper (pepa)

please (ndapota)

policeman (mupurisa)

| | |
|----------------------------------------|---------------------|
| bye bye for now (chi-sera kwa-zvino)!! | read (-rava), |
| dance (-tama) | seven (chinowe) |
| day (zuva) | six (tanhatu) |
| eight (tsere) | stop (-mira) |
| fast/slow (chi-mbidza/zvi-shoma) | ten (gumi) |
| food (chokudya) | think (-funga) |
| hamburger (hamburger) | thousand (churu) |
| home (musha) | time (nguwa) |
| hour (awa) | today (nhasi) |
| hundred (zana) | tomorrow (mangwana) |
| later (rusere) | train (tireni) |
| laugh (-seka) | week (svondo) |
| mate (shamwari) | write (-nyora) |
| minute (miniti) | WC (chimbuzi) |
| never (-usa) | work (basa) |
| newspaper (pepanhau) | year (gore) |
| nine (pfumhamwe) | |

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

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

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Good idea to write out your own copy - and use it to chat to everybody - speed reading 4 minutes)

BASICS:

| | |
|------------------|-------------------------|
| Hello | Mhoro |
| Yes/no | Eehe, hongu/Alwa, kwete |
| Please | Ndapotawo |
| Thank you. | Nda-tenda |
| Excuse me | Pa-muso-roi |
| Negative | Ha-/si/u- |
| Action indicator | -no |

INTRODUCTIONS:

| | |
|---------------------|---------------------------------------------|
| Thank you | Nda-tenda |
| Good morning | Manga-wanani |
| Good-bye. | Chi-sara-i (i = plural) |
| My name is ... | Zita (name) ra-ngu (my) ndi ... |
| Your name is ...? | Zita ra-ku (your) ndi ...? |
| How are you? | Waka dii? |
| Fine (thanks) | Ndi-ripo (fine) |
| Where are you from? | Mu (you) -no- (you) bva (from) kupi(where)? |
| I am from: | Ndi-no-bva (come) ku: |
| France | Francia |
| Britain | Brithani |
| America | Amerika |
| I am with: | Ndi-na: |
| UN | UN |

Red Cross

Nokia

Red Cross

Nokia

QUESTIONS:

When/how?

-rini?/-seyi?

What/why?

Chii?/-sei?

Who/which?

Ndi-no-ani/-ipi?

... is where?

... iri kupi (where)?

Where can I find ...?

Ndi-no-gona (can) -wana (find) ... kupi?

How much is it?

Imari-i?

Can you help me?

Ndi-no ndi (me) ku-batsire (help) here ?

What does this mean?

Zvino (this) reva (mean) chii (what)?

UNDERSTAND:

I understand

Ndi-na nzwa (understand).

I don't understand.

Ha (not) -ndi-nzwa.

Please speak slowly.

Taurai-(speak)-wo (please) zvisho-ma.

Can you translate this for me?

Mu (you)-no-gona (can) kundi (this)-waturi-kira here?

Can I have...?

Ndi-no-gona (can) ku-na (have)-wo (please)?

Can you speak:

Mu (you) -no-gona (can) ku-taura (speak):

English/Shona?

Chi-ringu/ChiShona

I cannot speak

Ha (not)-ndi-no-goni (cannot) ku-taura ...

I speak a little ...

Ndi-no-goni (can) ku-tura zvi-shoma
(little) ...

COMMENTS:

That is:

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

Icho:

cha-kanaka/cha-kashata
chi-rinani/cha-kashatisa
chikuru/chi-diki
cha-kachipa/chi-nodhuru
zva-kanaka/zva-kashata
chi-nopisa/chi-notonhora
padyo/kure

FOOD:

I like food:

breakfast
lunch
dinner (food for evening)

Ndi-no-da (like) ...:

chi-svusvuro
lunchi
chikafu che-menheru

I want some:

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

Ndi-no-da ... zvi-shoma (some):

chingwa/bata
cheese
mazai
nyama/ma-mbatatisi
apuro/ranjisi
kofi
mukaka
fruit juice

water

mvura

tea

tii

I want to pay.

Ndi-no-da ku-nadhara (pay).

I think there is a mistake in the bill.

Ndi-no-funga (think) ma-kanganisa
(mistake) mo-biru.

Thank you.

Nda-tenda

TRANSIT:

Where is the shop:

Zvitoro (shop) zv-iri kupi (where)?

Where is the taxi?

Taksi iri kupi?

How much to go to ...?

Imarii ku-enda (go) ku ...?

Take me to go to this address.

Ndi-takur (take) ei ku-enda ku-adhiresi
(address) iyo.

Stop here.

Burutse pano (here).

This is the wrong road to go to ...

Ha-isi riyo (road) nzira (wrong) yo-
kuenda ku ...

Go straight ahead.

Endai (go) nepapa.

Go there, on the:

Endai (go) ... :

left/right

kuru-boshwe/kuru-dyi-kwenyu

next to/after

padhuze/mapfuura

north/south

chaimh-embe/maodzany-emba

east/west

mabvazuva/madokero

Where is the:

... iri kupi:

town centre

taundi

pharmacy

chemist

SHOPPING:

Do you have ...?

M-u-ne ... here?

How much is this thing?

Ichi chi-noita (thing) marii (how much)?

I take it.

Ndi-no-du (it) -tora (take).

What colours have you?

Wu (you)-no ruvava r-wupi (what)?

black

nhema

Blue

bhuruu

Red

tsvuku

white

chena

I want to buy:

Ndi-no-da (want) ku-tenga (buy) :

aspirin

aspirin

soap

sipo

half kilo apples

hafu kilo yemaapuro

litre of milk

rita remukaka

film/newspaper

firimu/bepo nhau

TELEPHONE:

Hello, this is ...

Mhoroi. Ndi ...

Please speak:

Ndapota taurai ...:

louder

zvi-kuru

slowly

zvishoma

I want to speak to:

Ndi-no-da (want) ku-taura na:

Mr.

Va

Mrs.

Mai

Miss

Mwana-sikana

When is he back?

Va-nodzo-ka (back) rini (when)?

Please tell him I called.

Va-udze-wa (tell) kuti ndatona (please).

TIME:

Do you have enough time?

Wu (you) -ne nguwa (time) yakakwana?

What time is it? ...

I-ngu-vai?

The time now is:

Ngu-va:

five past one

five past one

quarter to three

quarter to three

twenty past four

twenty past four

half past six

half past six

MEETINGS:

We will see (you):

Ti (we) -cha (will) ona (see) ...

today

nhasi

tomorrow

mang-wana

next week

svondo rino-uya

in the morning

mang-wanani

in the evening

man-heru

tonight

pausi-ku

soon

zvino zvino

You are right/wrong.

W-(you)-aka-naka/-aka-shata

That is right

Chaka-naka

LOCATIONS:

Here/there

At the UN office

Is it near/far?

How many hours?

Pano/apo

Paa offici ye UN

Chiri padyo/kure?

Ma awa (hour) mangani (how many)?

21. PLAY QUIZ

Test your instincts ... associate the phrases ... in groups of four ... edit note ...

MIX

- | | |
|-------------------------|--------------------------|
| a. I am well. | Ndizvo |
| b. Excuse me. | Nda-tenda |
| c. Thank you. | Ndi-ripo |
| d. OK | Pa-muso-roi |
| | |
| e. Welcome! | Waka dii? |
| f. No | Ti-tambire. |
| g. Hello | MhoroiAlwa |
| h. How are you? | Aiwa |
| | |
| i. Is everything here? | Ha-ndi-nwe |
| j. I do it. | Mira pano. |
| k. I do not drink. | Zv-ese zv-iri apo? |
| l. Stop here. | Ndi-no zu-ite. |
| | |
| m. Yes | Ndapota |
| n. Please | Ndi-no-da kofi |
| o. I want coffee | Weta? |
| p. Waiter? | Eehe |
| | |
| q. How much is that? | Inguva yi? |
| r. Where is the toilet? | -kupi/-rini/-sei |
| s. Where/when/why? | Chimbuzi ch-iri kupi? |
| t. What time is it? | Imarii-icho? |
| | |
| u. Can you help me? | Ha-ndi-ku-nzwa. |
| v. I do not understand | Bdi-batsire-wo? |
| w. What does this mean? | Ndapota taura zvi-shoma. |
| x. Please, speak slowly | Zvino reva chii? |
| | |
| y. See you later. | Ndiyo/ndizvo |
| z. Cheers!! | To-onara |

Answers: In the Phrase Book ... or call the Team ...

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

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

Our natural suggestions are:

- 1 - Play the **LEARNING REINFORCEMENT** audio tape. Do **IRT** and the **Throat exercise**. Study the **Brief Grammar and Mini-Phrase Book** to understand every word. Then **SPEAK** with the tape and **RECORD** your efforts. **LIST** your five key problems!
- 2 - **STUDY** the text (Sections 2-16). Then **SPEAK LOUDLY** and then very **SOFTLY** with the tape. **SPEED READING (2-16)** in 14 minutes. **USE** the **Mini-phrase Book** for easy interactive conversation
- 3 - **SPEAK** in **THEATRICAL** style with the tape and text together. Do **SPEED READING (2-16)** in reverse-mode in 12 minutes. **USE** the **Mini-phrase Book** for easy interactive conversation
- 4 - **SPEAK** with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.
- 5 - **USE** the **Mini-phrase Book** for easy interactive conversation. Then do it as **SPEED READING (reverse-mode)** in 4 minutes. **SPEAK** with tape and text using three different voices ... just for fun!
- 6 - **SPEED READING (2-16)** in 8 minutes. Review your five problems. **LISTEN** to your recording. Then **SPEAK** with the tape ... with a beautiful **CONFIDENT** accent. Email your feedback to robertboland@wanadoo.fr.

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

Special Vocabulary for UNHCR (insert Shona)

| English | Pashto | Dari | Shona |
|---------------------|------------------------|-----------------------|-------|
| 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 xaldk | 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 | 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 |
| Voluntrary repatriation | pd rdzaa-sara | berta legal |
| War | jagara | jangue |
| Water | aaba | aab |
| Wife | kaza | zawja/khanom |

APPENDIX C - BRIEF GRAMMAR

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

1. Structure - subject, object and verb:

NDI-ri-pano.

I (am) here.

The CHILD is here.

Question - is the child here?

2. Articles:

A child is here.

3. Nouns:

Child-REN are here.

The GOOD child is here.

HE is a child.

4. Possession:

He is MY child.

5. Relative:

The child WHO is here .

6. Demonstrative:

THIS child is here.

THAT child is THERE.

7. Interrogatives:

WHAT is this thing?

WHO is that?

WHERE is the child?

HOW-MUCH is the book?

8. Imperatives:

DO this!

COME here!

9. Negatives:

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

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

I am/have/want

You are/have/want

He is/has/wants

**CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

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

Opportunity: for managers and staff members on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

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

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

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

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

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

Further information: email: drbobboland@hotmail.com from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... insert Shona ... 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 |

BRIEF DICTIONARY - ENGLISH/ SHONA/ FRENCH/ GERMAN (rough spelling and gender and few accents)

(Challenge ... fill in Shona and check with a natural speaker ... learn ... and remember)

| ENGLISH | SHONA | FRENCH | GERMAN |
|--------------------|--------------|-----------------------|-----------------------|
| a | | un/une | ein/eine |
| about | | environ | ungefähr |
| accident | | accident | Unfall,der |
| action | | action,la | Handlung,die |
| actually | | en fait | eigentlich |
| after | | après | nach |
| afternoon | | après-midi,le | Nachmittag,der |
| airport | | aéroport,le | Flughafen,der |
| alone | | seul | allein |
| also | | aussi | auch |
| always | | toujours | immer |
| am(I) | | suis(je) | bin(ich) |
| and | | et | und |
| anniversary | | anniversaire | Jahrestag,der |
| anybody | | n`importe qui | irgendjemand |
| anything | | n`importe quoi | irgendetwas |
| April | | Avril | April,der |
| are (you) | | êtes (vous) | sind |
| arrive | | arriver | ankommen |
| at | | à | an |
| August | | Aout | August,der |
| bad | | mauvais | schlecht |
| bank | | banque,la | Bank,die |
| bar | | bar | Bar,die |
| bath | | bain,le | Bad,das |

| | | |
|------------------|---------------------|----------------------|
| beat | battre | schlagen |
| beautiful | beau/belle | schön |
| because | parceque | weil |
| bed | lit,le | Bett,das |
| begin | commencer | anfangen |
| behind | derrière | hinter |
| beside | àcôtéde | nächst |
| better | meilleur | besser |
| bill | facture,la | Rechnung,die |
| big | grand | gross |
| biscuit | biscuit,le | Keks,der |
| black | noir | schwarz |
| book | livre,le | Buch,das |
| boy | garcon,le | Junge,der |
| bread | pain,le | Brot,das |
| breakfast | petitdej.le | Frühstück,das |
| brother | frère,le | Bruder,der |
| bus | autobus,le | Bus,der |
| business | affaires,les | Geschäft,das |
| buy | acheter | kaufen |
| can(able) | pouvoir | können |
| car | auto,le | Auto,das |
| carefully | prudent | vorsichtig |
| carry | porter | tragen |
| cash | argent,le | Geld,das |
| chair | chaise,la | Stuhl,der |
| cheap | bonmarché | billig |
| children | enfants | Kinder,der |
| choose | choisir | wählen |
| cigarette | cigarette,la | Zigarette,die |

| | | |
|------------------|----------------------|-----------------------|
| clean | propre | sauber |
| clever | intelligent | klug |
| clouds | nuages,les | Wolken, die |
| coffee | cafe,le | Kaffee,der |
| cold | froid | kalt |
| colour | couleur,la | Farbe,der |
| come | venir | kommen |
| complain | plaindre | klagen |
| contract | contrat,le | Vertrag,der |
| cook | cuire | kochen |
| cost | coût,le | Kosten, die |
| count | conter | zahlen |
| creditors | créditeurs | Gläubiger, die |
| cup | tasse,la | Tasse, die |
| customer | client,le | Kunde,des |
| customs | douane,la | Zoll,der |
| daughter | fille,la | Tochter, die |
| day | jour,le | Tag,der |
| dear | cher | teuer |
| debtors | débiteurs,les | Schuldner, die |
| December | Décembre | Dezember |
| dinner | dîner,le | Abendessen,das |
| dirty | sale | schmutzig |
| dividedby | divisépar | divid.durch |
| do | faire | tun |
| doctor | médecin,le | Arzt,der |
| doers | actifs,les | Täter, die |
| drink | boire | trinken |
| drive | conduire | fahren |
| dry | sec | trocken |

| | | |
|-------------------|----------------------|-----------------------|
| early | debonneheure | früh |
| easy | facile | leicht |
| eat | manger | essen |
| eight | huit | acht |
| eighty | quatrevingt | achtzig |
| either | ou | entweder |
| eleven | onze | elf |
| English | Anglais | Englisch |
| enjoy | s`amuser | sich freuen |
| enough | assez(de) | genug |
| etc. | etcetera | usw |
| evening | soir,le | Abend,der |
| every | chaque | jeden |
| fall off | tomber | fallen |
| family | famille,la | Familie,die |
| father | père,le | Vater,der |
| father/law | beau père,le | Schwiegervater |
| fat | gros | fett |
| Febuary | Février | Februar,der |
| fifty | cinquante | fünfzig |
| fight | combattre | kämpfen |
| finance | financer | finanzieren |
| find | trouver | finden |
| fine | beau | schön(Wetter) |
| fingers | doigts,les | Finger,die |
| finish | finir | beenden |
| fish | poisson,le | Fisch,der |
| five | cinq | fünf |
| fog | brouillard,le | Nebel,der |
| food | nourriture,la | Essen,das |

| | | |
|--------------------|----------------------|------------------------|
| fools | fous,les | Verrückten, die |
| for | pour | für |
| fork | fourchette,la | Gabel, die |
| four | quatre | vier |
| forty | quarante | vierzig |
| Friday | Vendredi,le | Freitag, der |
| friendly | sympathique | freundlich |
| friends | amis,les | Freunde, die |
| future(adj) | futur | zukünftig |
| game | jeu,le | Spiel, das |
| generally | généralement | allgemein |
| get | obtenir | bekommen |
| girl | jeunefille,la | Mädchen, das |
| give | donner | geben |
| glass | verre,le | Glas, das |
| go | aller | gehen |
| good | bon | gut |
| goodbye | aurevoir | auf Wieder. |
| goodeven. | bonsoir | guten Abend |
| goodmorn. | bonjour | guten Morgen. |
| goodnight | bonnenuit | gute Nacht |
| greedy | gourmand | gierig |
| half | moitié | halb |
| happy | heureux | glücklich |
| hate | détester | hassen |
| have | avoir(j'ai) | haben |
| he | il | er |
| hello | salut | hallo |
| help | aider | helfen |
| helpful | utile | behilflich |

| | | |
|--------------------|----------------------|-----------------------|
| her(acc.) | la/lui | ihr |
| here | ici | hier |
| herself | ellemême | sieselbst |
| him | le/lui | ihn/ihm |
| himself | luimême | erselbst |
| his | son | sein |
| honest | honnété | ehrlich |
| hope | espérer | hoffen |
| hospital | hopital,le | Hospital,das |
| hot | chaud | heiss |
| hotel | hotel,le | hotel,das |
| how are y.? | comment a.v.? | wie geht e.I.? |
| howmany? | combiende? | wieviel? |
| however | cependant | jedoch |
| hundred | cent | hundert |
| hungry | avoir faim | hungrig |
| husband | mari,le | Ehemann,der |
| I | je | ich |
| I am well | je vais bien | mir geht es g. |
| icecream | glace,la | Eiscreme,die |
| if | si | wenn |
| important | important | wichtig |
| impossible | impossible | unmöglich |
| in front of | devant | vor |
| intelligent | intelligent | klug |
| inventory | inventaire,la | Inventor,das |
| is(he) | est(il) | ist(er) |
| it | cela | es(er) |
| itself | celamême | esselbst |
| January | Janvier | Januar |

| | | |
|-------------------|---------------------|----------------------|
| journey | voyage,le | Reise,die |
| July | Juillet | Juli |
| June | Juin | Juni |
| knife | coûteau,le | Messer,das |
| know | savoir/conn. | wissen |
| labour | maind`oeuvre | Arbeit,die |
| language | langue,la | Sprache,die |
| late | tard | später |
| later | plustard | späterer |
| learn | apprendre | lernen |
| less | moinsde | minus/weniger |
| letter | lettre,la | Brief,der |
| life | vie,la | Leben,das |
| like(verb) | aimer | gern haben |
| listen | écoûter | zuhören |
| little | peu | wenig |
| long | long | lang |
| long run | finalement | auf die Dauer |
| look | regarder | schauen |
| look for | chercher | suchen |
| loss | perte,la | Verlust,die |
| lot, lots | beaucoupde | viel |
| love | aimerbien | lieben |
| low | bas | tief |
| lucky(be) | avoir/chance | Glück(haben) |
| luggage | bagages,les | Gepack,das |
| lunch | déjeuner,le | Mittagess.das |
| make/do | faire | machen |
| man | homme,le | Mann,der |
| manager | directeur,le | Manager,der |

| | | |
|-------------|---------------|-----------------|
| many | beaucoup(de) | viele |
| map | plan,le | Lankarte,die |
| March | Mars | März |
| marriage | marriage,le | Heirat,die |
| marry | semarier | heiraten |
| materials | materiaux,les | Materialien |
| May | Mai | Mai |
| me | me | mich |
| meal | repas,le | Essen,das |
| meat | viande,la | Fleisch,das |
| meet | rencontrer | kennenlernen |
| meeting | réunion,la | Versammlung |
| mind(not)?? | égal(etre)?? | egal(mir)?? |
| minute | minute,la | Minute,die |
| Miss | Mademoiselle | Fraulein |
| mistake | erreur,la | Fehler,der |
| Monday | Lundi,le | Montag |
| money | argent,la | Geld,das |
| month | mois,le | Monat,der |
| more | plus | mehr |
| morning | matin,le | Morgen,der |
| mother | mère,la | Mutter,die |
| motheri.l. | bellemère | Schwiegermutter |
| Mr | Monsieur | Herr |
| Mrs | Madame | Frau |
| multipl.by | multiplierpar | multipliz.mit |
| must | devoir | müssen |
| my | mon | mein |
| myself | moimême | ich selbst |
| near | prèsde | nahe |

| | | |
|------------|---------------|---------------|
| never | jamais | niemals |
| nevermind | n'importe | nichts(macht) |
| new | neuf | neu |
| nice | agréable | nett |
| nine | neuf | neun |
| night | nuit,la | Nacht, die |
| ninety | quatrev.dix | neunzig |
| no | non | nein |
| nobody | personne | niemand |
| noise | bruit,le | Krach,der |
| not | ne...pas | nicht |
| nothing | rien | nichts |
| november | Novembre | November |
| now | maintenant | jetzt |
| o`clock | heures(7.00) | Uhr(7.00) |
| october | Octobre | Oktober,der |
| of course | naturellement | natürlich |
| oh! | Oh! | Ach! |
| old | vieux | alt |
| on | sur | auf |
| one | un | eins |
| or | ou | oder |
| orders | ordres,les | Bestellungen |
| our | notre | unser |
| ourselves | nousmême | wir selbst |
| out | dehors | aus |
| overheads | frais gen.les | Lauf.U.,die |
| owner`seq. | capital,le | Anlagekapital |
| parents | parents,les | Eltern,die |
| passport | passeport,le | Pass,der |

| | | |
|------------|----------------|-----------------|
| people | gens | Menschen, die |
| place | endroit, le | Platz, der |
| plane | avion, le | Flugzeug, das |
| plate | assiette, la | Teller, der |
| please | s'ilv. plaît | bitte |
| police | police, la | Polizei, die |
| polite | poli | höflich |
| porter | porteur, le | Portier, der |
| possible | possible | möglich |
| present(a) | présent | gegenwärtig |
| pretty | joli | hübsch |
| products | produits, les | Produkte, die |
| profit | profit, le | Gewinn, der |
| put | mettre | legen |
| quarter | quartier, le | Viertel, das |
| quickly | vite | schnell |
| rain | pluie, la | Regen, das |
| read | lire | lesen |
| really | vraiment | wirklich |
| red | rouge | rot |
| relax | se relaxer | entspannen |
| remember | rappeller | erinnern |
| restaurant | restaurant, le | Restaurant, das |
| right | raison(avoir) | richtig |
| road | rue, la | Strasse, die |
| room | chambre, la | Zimmer, das |
| sales | ventes, les | Verkäufe, die |
| Saturday | Samedi, le | Samstag |
| save | sauver | sparen |
| say | dire | sagen |

| | | |
|-----------|--------------|---------------|
| see | voir | sehen |
| sell | vendre | verkaufen |
| September | Septembre | September |
| serve | servir | bedienen |
| service | service | Dienst,der |
| seven | sept,le | sieben |
| seventy | soixantedix | siebzig |
| she | elle | sie |
| short | court | kurz |
| should | devoir | sollen |
| sick | malade | krank |
| Sir | Monsieur | MeinHerr |
| sister | soeur,la | Schwester,die |
| sit | s'asseoir | sitzen |
| sitdown | êtreassis | sich setzen |
| six | six | sechs |
| sixty | soixante | sechzig |
| sky | ciel,le | Himmel,der |
| sleep | dormir | schlafen |
| small | petit | klein |
| smoke | fumer | rauchen |
| some | quelques | etwas |
| snack | snack,le | Imbiss,der |
| somebody | quelqu'un | jemand |
| something | quelquechose | etwas |
| sometimes | quelquefois | manchmal |
| son | fil,le | Sohn,der |
| sorry | dommage | Verzeihung |
| soup | potage,le | Suppe,die |
| speak | parler | sprechen |

| | | |
|--------------------|---------------------|----------------------|
| spend | dépenser | ausgeben |
| spoon | cuillère,la | Löffel,der |
| standup | selever | aufstehen |
| station | gare,la | Bahnhof,der |
| stay | rester | bleiben |
| stool | banc,le | Stuhl,der |
| sugar | sucre,le | Zucker,das |
| summer | été,le | Sommer.der |
| sun | soleil,le | Sonne,die |
| Sunday | Dimanche,le | Sonntag |
| sweet(pud.) | dessert,le | Süßspeise,die |
| table | table,la | Tisch,der |
| take | prendre | nehmen |
| talk | parler | sprechen |
| talkers | bavards,les | Schwätzer,die |
| taxi | taxi,le | Taxi,der |
| tea | the,le | Tee,der |
| téléphone | téléphone,le | Telefon,der |
| tense | temps,le | Zeitform,die |
| ten | dix | zehn |
| terrible | terrible | schrecklich |
| thank you | merci | danke |
| that | la/cela/que | jener |
| the | le/la | der/die/das |
| their | leur | ihr |
| them | eux | sie |
| themselves | euxmêmes | sie selbst |
| there | là | dort/da |
| they | ils | sie |
| this | ce/cet | dieser |

| | | |
|-------------------|---------------------|-----------------------|
| thin | mince | dünn |
| thing | chose,la | Ding,der |
| thirsty | avoirsoif | durstig |
| thirty | trente | dreissig |
| thousand | mille | tausend |
| three | trois | drei |
| threeqtr. | troisquarts | dreiviertel |
| Thursday | Jeudi | Donnerstag |
| ticket | billet,le | Karte, die |
| time | heure,la | Zeit, die |
| tip | pourboire,le | Trinkgeld, die |
| tired | fatigué | müde |
| to | à | nach |
| today | aujourd'hui | heute |
| tomorrow | demain | morgen |
| too much | trop | zuviel |
| train | train,le | Zug, der |
| travel | voyager | reisen |
| Tuesday | Mardi | Dienst. |
| twelve | douze | zwölf |
| twenty | vingt | zwanzig |
| two | deux | zwei |
| under | sous | unter |
| up | enhaut | oben |
| us | nous | uns |
| vegetables | légumes,les | Gemüse, das |
| wait | attendre | warten |
| waiter | garcon,le | Kellner, der |
| walk | marcher | spazieren |
| want | vouloir | wollen |

| | | |
|------------|---------------|----------------|
| waste(n) | gaspillage,le | Abfall,der |
| we | nous | wir |
| weather | temps,le | Wetter,das |
| wednesday | Mercredi | Mittwoch |
| week | semaine,la | Woche,die |
| wet | pluvieux | nass |
| what? | quel/quoi? | was? |
| what time? | quelleheure? | wie spät.i.es? |
| when? | quand? | wann? |
| where | où? | wo? |
| white | blanc | weiss |
| who? | qui? | wer? |
| wife | femme,la | Ehefrau,die |
| win | gagner | gewinnen |
| wine | vin,le | Wein,der |
| winter | hiver,le | Winter,der |
| woman | femme,la | Frau,die |
| work | travail,le | arbeiten |
| worse | pire | schlechter |
| worst,the | lepire | schlechteste |
| write | écrire | schreiben |
| wrong | avoirtort | falsch |
| year | année,la | Jahr,das |
| yes | oui | ja |
| yes but | ouimais | ja aber |
| yesterday | hier | gestern |
| you(nom.) | vous | Sie |
| you(acc.) | vous | Sie |
| young | jeune | jung |
| your | votre | Ihr |

yourself

yourselves

zero

vousmême

vousmêmes

zero

Sieselbst

Sieselbst

null