

# Swahili Survival Kit

## How To Greet an Elder:

Hello/I give you my respect      Shikamoo  
 Hello/I accept your respect      Marahaba

Thank you      Asante  
 Welcome      Karibu

### Helpful Phrases:

Please repeat	sema tena tafadhali
I don't speak Swahili	sisemi Kiswahili
Speak Slowly	Sema polepole
Sorry	Pole
Excuse me	samahani
See you later	Tutaonana baadaye
Later	baadaye
Goodbye	kwaheri
Sleep well	lala salama
See you Tomorrow	Tutaonana kesho
I am Tired	Nimechoka
And You?	Na Wewe?
How much does it cost?	Bei Gani?/Shilingi Ngapi?
Where?	Wapi?

## The Most Important Thing is to TRY ☺

Practice With This "Jambo" Song

### Jambo Hello

Jambo, Jambo	Hello, Hello Sir,
Bwana,	
Habari gani,	How are you,
Nzuri sana.	Very fine.

Wageni,	Foreigners,
wakaribishwa,	you're
	welcome,
Tanzania yetu	In our Tanzania
Hakuna Matata.	there is no
	problem.

FYI: The less "touristy" way to say "Hakuna Matata" is "hakuna shida"

### Greetings

How are you?  
I am fine.

How are you?  
Good.

How is your am?  
How is your pm?  
How is your night?  
How is your work?  
How is your home?  
Very good.

Are you well?  
What's up?  
All is good.

### Salamu

Hujambo?  
Sijambo.

Habari gani?  
Nzuri.

Habari za asubuhi?  
Habari za mchana?  
Habari za jioni?  
Habari za kazi?  
Habari za nyumbani?  
Nzuri sana.

Mzima?/ Salama?  
Mambo?  
Safi / Poa

FYI: The Exchange of Greetings is very important to Swahili people

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Step 1: Print this page first, and then flip to print the second page so that you are printing page 1 and page 2 back to back.  
 Step 2: Fold the paper like a letter to create the tri-fold brochure. Positioning the panel with the words "Swahili Survival Kit" as the front (Page 1), fold page 1 so that it faces up, covering page 2. Then, fold page 3 so that it in fits between pages 1 and 2 as shown below. Enjoy!

Tri-Fold Folded

Who		When	What (verb)
I	Ni	NA (present) Li (Past) Ta(Future) Me (perfect)	To like: -penda To speak :-Sema To learn: Jifunzi To Read: -Soma To buy: -nunua To Cook: -pika To Go: -enda
You	U		
S/he	A		
We	Tu		
You(pl)	M		
They	Wa		

### Self Introductions

What is your name?  
My name is...  
Where are you from?  
I am from America.  
What are you doing?  
I am a volunteer.  
Do you speak English?

Yes  
No

### Health

I have a headache  
I have a stomach ache  
I am sick  
I am vomiting  
I have diarrhea  
Medicine

### Kujitambulisha

Jina lako ni nani?  
Jina langu ni...  
Unatoka wapi?  
Ninatoka Marekani  
Unafanya nini?  
Mimi ni voluntia  
Je, unasema kiingereza?

Ndiyo  
Hapana

Ninaumwa kichwa  
Ninaumwa tumbo  
Ninaumwa  
Ninatapika  
Ninaharisha  
Dawa

### Lets go to the Market: Kwenda Sokoni

Medicine Shop	duka la dawa
Clothing Shop	duka la nguo
Market	Sokoni
Food	Chakula
Water	Maji
Coffee	Kahawa
Tea	Chai
Cooked rice	Wali
Bananas	Ndizi
Stiff porridge	Ugali
Tomatoes	Nyanya
Meat	Nyama
Eggs	Yai
Potatoes	Viazi
Bread	Mkate

I want...  
You want tea?  
How much?  
I pay...  
Expensive  
Cheap

Ninataka ...  
Unataka chai?  
Bei gani?  
Ninalipa...  
ghali  
Rahisi

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A tri-fold brochure is made by folding a printed page in thirds. After folding it consists of six panels, three on the front and three on the back.

