

every letter you see. Even words like “mchana” are pronounced with 3 syllables: mm-chah-nah. The emphasis is always on the penultimate (second-to-last) syllable of a word.

- A** - ah (Like the "a" in "father")
- E** - eh (Like the "e" in "egg")
- I** - ee (Like the "ee" in "see")
- O** - oh (Like the "o" in "dot")
- U** - oo (Like the "oo" in "doom")

1. MAAMKIZI

GREETINGS

Habari gani?	How are things?
Habari za asubuhi?	How are you this morning?
Habari za mchana?	How are you this afternoon?
Habari za leo?	How are you today?
Habari za jioni?	How are you this evening?
Nzuri/Njema/Salama	Good/Fine/Peacefully
Hujambo?	How are you?(sing)
Sijambo	I am fine
Hamjambo?	How are you? (pl)
Hatujambo	We are fine
Shikamoo.	I respect you elder
Marahaba	Response to "shikamoo"
Mambo? (informal)	What's up/How are things?
Poa	Cool
Umeamkaje?	How did you wake up?
Salama	Peacefully
Tutaonana baadaye	See you later.
Kwa heri	Goodbye
Usiku mwema	Good night
Mzima?	How are you?
Mzima.	Whole, healthy
Salama?	Are you in peace?
Salama.	I am in peace
Upo?	Are you there?
Nipo	I am here
Tutaonana kesho	We will see each other tomorrow.
Kwema?	Is everything ok?
Kwema.	Everything is ok.

2. KUJITAMBULISHA

INTRODUCTIONS

Jina lako nani?

What is your name?

Unaitwa nani?	What are you called?
Jina langu ni.....?	My name is.....?
Jina langu si	My name is not.....
Ninaitwa.....	I am called.....
Unatoka wapi?	Where are you from?
Ninatoka Marekani	I am from the U.S
Unafanya kazi gani?	What work are you doing?
Mimi ni mwalimu wa kulima	I am a teacher of farming.
Mimi ni mwanamazingira	I am an environmentalist
Mimi ni mwalimu wa afya	I am a health teacher
Utakaa hapa kwa muda gani?	How long will you stay here?
Nitakaa hapa kwa miaka miwili	I'll stay here for two years
Una miaka mingapi?	How old are you?
Nina miaka.....	I am.....years old
Unakaa wapi?	Where are you staying?

3. KUJIFUNZA LUGHA

LEARNING LANGUAGE

Unasema Kiswahili/Kiingereza?	Do you speak Swahili/English?
Ndiyo, ninasema Kiswahili.	Yes, I speak Swahili.
Hapana, sisemi Kiingereza.	No, I don't speak English.
Ninasema Kiswahili kidogo tu.	I speak just a little Kiswahili.
Ninajifunza Kiswahili.	I am learning Kiswahili.
Umeelewa?	Have you understood?
Ndiyo, nimeelewa.	Yes, I've understood.
Hapana, sijaelewa?	No, I've not understood.
Unasemaje kwa Kiswahili?	How do you say...in Kiswahili?
Maana ya..... ni nini?	What is the meaning of.....?
Sielewi	I don't understand.
Sijui.	I don't know.
Sema tena, tafadhali.	Say it again, please.
Sema polepole.	Speak slowly.
Sema kwa sauti.	Speak loudly.
Hiki ni nini?	What is this?
Unafanya nini?	What are you doing?

5. FAMILIA

FAMILY

mama, baba	mother, father
bibi, babu	grandmother, grandfather
dada, kaka,	sister, brother,
dada/kaka mdogo	younger sister/brother
mtoto	baby or child
mvulana, msichana	boy, girl
mwanamume	Man
mwanamke	Woman
mume, mke	husband, wife
Una watoto wangapi?	How many children do you have?
Shangazi/mama mdogo au mkubwa	Aunt
Mjomba	Uncle
Unaishi na nani?	Who do you live with?

*Often, Tanzanians refer to each other as dada, mama or bibi or kaka, baba, or babu instead of using names. Also, bwana is a common way to address someone –it loosely means “sir”

7. AFYA

HEALTH

Ninaumwa.	I'm sick.
Mimi ni mgonjwa.	I'm sick.
Unaumwa nini?	What hurts? What are you suffering from?
Ninaumwa kichwa.	I have headache.
Ninaharisha.	I have diarrhea.
Ninaumwa tumbo.	I have stomachache.
Nina homa.	I have a fever.
Nipeleke hospitali.	Take me to the hospital
Usinichome sindano	Don't give me any shots.
Naomba maji yaliyochemshwa.	Please bring me boiled water.
Pole sana.	I'm very sorry.
Ugua pole.	Get well soon.
Ninahisi kichefuchefu	I feel nausea
Ninaharisha	I have diarrhea
Ninataka kutapika	I want to vomit
Ninahisi kizunguzungu	I feel dizzy
Ninasikia kizunguzungu.	I feel dizzy

6. NYUMBANI

AT HOME

Hodi!	May I come in?
Karibu.	Come in, welcome!
Karibu nyumbani.	Welcome to our home.
Jisikie nyumbani.	Feel at home.
Karibu chakula.	Come and eat.
Ongeza chakula.	Have some more food/Add some more food
Asante, nimeshiba sana.	Thank you, I'm very full/satisfied.
Inatosha	It is enough.
Chakula kilikuwa kitamu sana.	The food was very good/delicious.
Unataka kuoga?	Would you like to bathe?
Ndiyo, asante.	Yes, thank you.
Hapana, nitaoga baadaye.	No, I'll bath later.
Ninataka kufua nguo.	I want to wash my clothes.
Choo kiko wapi?	Where is the bathroom?
Kuna mtu (chooni) ?	Is there someone (in the bathroom) ?
Nimechoka	I am tired.
Ninahitaji kupumzika	I need to rest.
Naenda kulala	I'm going to bed.
Lala salama.	Sleep well.
Nikusaidie kupika?	Can I help you to cook?
Nikusaidie kuosha vyombo?	Can I help you to wash the dishes?
Samahani, nimechelewa kidogo	I'm sorry, I'm a bit late
Leo nitakula mjini.	Today I'm going to eat in town.
Ninaomba maji ya kuoga	May I have water to bathe?
Nitarudi saa mbili usiku	I'll return at 8 pm.
Funga mlango	Close the door
Ninaenda kusoma	I am going to study
Ninahitaji kujifunza kuwasha jiko	I need to learn to light a stove
Ninahitaji kujifunza kupika	I need to learn to cook
Ninaomba kuazima	May I borrow.....
Chumba changu kiko wapi?	Where is my room?
Nimechelewa	I am late
Nimewahi	I am on time/early
Ninahitaji kupumzika	I need to rest

8. MAELEKEZO

DIRECTIONS

Samahani, naomba msaada wako!	Excuse me, can you help me?
Barabara ya kwendaiko wapi?	Where is the road to.....?
Stendi ya basi iko wapi?	Where is the bus station?
Iko kule.	It's over there.
Njoo, nikupeleke.	Come, I'll take you.
Nenda moja kwa moja.	Go straight.
Pinda kulia.	Turn right.
Pinda kushoto	Turn left.
Nionyeshe kwenye ramani	Show me on the map.
Ni mbali?	Is it far?
Ninaweza kufika kwa miguu?	Can I get there on foot?
Ni karibu, unaweza	It is nearby, you can
Bila samahani, nikusaidie nini?	No problem, how can I help you?
Benki/Posta iko wapi?	Where is the bank/post office?
Soko liko wapi?	Where is the market?
Duka la dawa liko wapi?	Where is the pharmacy?

9. HOTELINI

AT A RESTAURANT

Chakula kipo?	Is there any food?
Ndiyo, kipo.	Yes, there is.
Hapana kimeisha.	No, it's finished.
Kuna chakula gani?	What kind of food is there?
Kuna wali, ugali, na ndizi.	There's rice, ugali, and bananas.
Na mboga?	And the side dishes?
Kuna samaki/ kuku/ nyama ya ng'ombe/ kiti moto.	There's fish/ chicken/ meat(beef)/ pork
Naomba wali na samaki	I'd like rice and fish.
Mimi sili nyama.	I don't eat meat.
Maharage yapo?	Are there any beans?
Ndiyo, yapo. Nikuletee?	Yes there are. Should I bring you some?
Soda/bia zipo?	Do you have soda/beer?
Naomba Fanta baridi.	I'd like a cold Fanta.
Nikufungulie?	Should I open it for you?
Ndiyo, asante.	Yes, thank you.
Niongeze bia.	Bring me another beer.
Chakula ni bei gani?	How much does the food cost?
Jumla ni shilingi ngapi?	What's the total cost?

10. SOKONI

AT THE MARKET

Nyanya ni shilingi ngapi?	How much are the tomatoes?
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Mia mbili kwa fungu.	Two hundred per pile.
Naomba mafungu mawili.	I'd like two piles.
Viazi ni bei gani?	How much are the potatoes?
Mia nane kwa kilo.	Eight hundred per kilogram.
Nyama unauzaje?	How much is the meat?
Steki elfu sita	Steak (no bones) is six thousand (per kilo),
Ni ghali punguza bei	That's expensive, reduce the price
Nipimie nusu kilo	Weigh half a kilo for me
Mchanganyiko	Mixture (meat and bones)
Usinipe bei ya wazungu,	Don't give me foreigners' price
Nipe bei ya wenyeji	Give me the residents' price
Una mfuko/rambo?	Do you have a bag?
Ninao.	I have one.
Sina. Nipe mfuko wa shilingi hamsini.	I don't have one. Give me a 50 shillings bag.

11. SAFARINI

ON A TRIP

Kuna basi la kwenda	Is there a bus to.....?
Basi huondoka saa ngapi?	What time does the bus leave?
Basi litafika saa ngapi?	What time will the bus arrive?
Ninataka kusafiri kesho.	I want to travel tomorrow.
Tiketi ni shilingi ngapi?	How much does a ticket cost?.
Kwenda.....ni shilingi ngapi?	How much is it to go to.....?
Ofisi ya iko wapi?	Where's theoffice?
Usinishike, sihitaji msaada.	Don't grab me, I don't need help.
Dada/Kaka! Songea? Iringa?	Sister/Brother! Are you going to Songea? Iringa?
Hapana, nipo/nimefika	No, I'm here/I've arrived.
Nishushe/niteremshe	Drop me off at.....
Daladala za kwendaziko wapi?	Where are thedaladalas?
Basi hilo linasimama	That bus stops.....?
Naomba usogee kidogo	Please scoot over a bit.
Kaa hapa mbele.	Sit up here in front.
Sogea nyuma.	Move to the back.
Nishikie mzigo wangu.	Please hold my bag.
Kuna nafasi?	Is there any space/ seat?
Hamna nafasi	There's no space/seat.
Naomba lifti	Can I get a ride?

12. DALADALA

PUBLIC TRANSPORT

Kituo cha basi kiko wapi?	Where is the bus station?
Daladala inakwenda wapi?	Where is the daladala going to?

Nauli ni shilingi ngapi?	How much is the fare?
Nipe chenji	Give me the change
Naomba kupita	May I pass?
Kuna kiti/nafasi?	Is there any seat/room?
Panda daladala	Board the daladala
Nishushe	Drop me at
Nimefika	I have arrived
Subiri/ngoja	Wait
Sogea	Move aside
Fungua dirisha	Open the window
Funga dirisha	Close the window

13.KUKODI TEKSI

HIRING A TAXI

Teksi, Teksi!	Taxi, Taxi!
Simama	Stop
Shilingi ngapi toka hapa mpaka...	How much from here to.....
Shilingi elfu tano	It's five thousand shillings
Punguza bei kidogo	Reduce the price a little bit.
Simama hapa	Stop here
Simama karibu na....	Stop nearby.....
Nimefika	I have arrived
Asante	Thanks
Si mbali	Its not far

14.MAVAZI

CLOTHING

Suruali/sketi	pants/skirt
shati/gauni	shirt/dress or gown
Kanga/kitenge	cloth wraps for women
Kikoi	cloth wrap for men.
Chupi/sidiria	underwear/bra
Soksi/viatu	socks/shoes
Umependeza leo!	You look nice today!
Umevaa gauni zuri !	You're wearing a nice dress!

16. HISIA

EMOTIONS

Nimefurahi/nina furaha	I'm happy.
Nimekasirika.	I'm angry.
Nina huzuni.	I am sad.

Nimesikitika.	I'm disappointed.
Nimeshangaa.	I'm surprised.
Unanisumbua.	You're bothering me.
Nina wasiwasi	I have worries
Nimechanganyikiwa	I'm confused
Ninajisikia hofu	I feel afraid
Ninaona aibu	I feel shame/embarrassed
Nimechoka	I'm tired
Ugomvi	Bad feeling
Ninaogopa	I am afraid
Inatisha	It's scary

17. KILIMO

FARMING

Nya nya	Tomatoes
Vitunguu	Onions
Mpunga, Mchele, Wali	Rice (plant, harvested, cooked)
Mahindi	Maize
Viazi	Potatoes
Bilingani	Eggplant
Mwagiliaji, kumwagia	Irrigation, to irrigate
Kuchimba (mifireji)	To dig (furrows)
Mazao	Crops
Mbolea (mboji)	Organic fertilizer (aka, compost)
Mbolea chumvi chumvi	Chemical Fertilizer
Wadudu	Insects/pests
Dawa la kuua wadudu	Pesticide
Maji	Water
Kikundi cha Wakulima	Farmer's group
Samadi	Animal manure
(Ongeza) Faida za uchumi	(increase) Economic profits
(ongeza) uzalishaji	(increase) production
Dawa la kuua magugu	Herbicide

17. MANENO YA MTAANI**SLANG**

Umetoka mchicha!	You look smart! (“You’ve just stepped out of the spinach!”)
Usiniangushe.	Don't let me down
Umeulamba!	You're looking nice!
Umechemsha	You failed/performed badly (“you were boiled”)
Kasheshe!	Chaos!
Kupata msonge/mswaki	To get an A/F in class.
Kula jiwe/mezea	Don't reveal the secret/Don't disclose the information
Mwalimu nuksi/mnoko	Strict teacher
Kuopoa.	To get a boy/girlfriend
Huna ubavu.	You've got no ability/power
Mpambe	Supporter, fan
Mzuka!	Greeting that means “I’m a monster!”
Kupasua.	To do well in exams
Supu ya mawe	Illicit drink (alcohol) that hits like a club (“rock soup”)
Bonge la.....	A lot of.....
Utajiju!	It is up to you!
Umechacha	You have no money/you are bankrupt
Choka mbaya	You have no money/broke
Huna mpango	You have nothing./no money/ no plan
Ishia	Go away! Get lost!
Nenda zako	Get lost (“go to your place”)
Nimekuzimia	I love you
Kuuchuna	To ignore
Hamna shida	No worries
Mzushi	Scandal monger
Mgonjwa	Sick person
Niaje? Niambie? Lete maneno?	Very informal greetings (“bring me news” etc)
Haina kwele	No problem
Chukua time/kula kona	Go away
Haina mapepe	It's cool (“no fidgeting”)
.....Kinoma	So much

LANGUAGE TRAINING SAFETY & SECURITY NOTES

**** It is ALWAYS a good practice to speak Kiswahili in all conversations with new people. Using the local language helps to build relationships and trust quicker. ****

	TOPIC	SAFETY & SECURITY NOTES
1.	Greetings	<ul style="list-style-type: none"> ○ Greeting in Kiswahili is like a curtain raiser in opening relationship between two or more people. In Tanzania one can be assisted simply because one greets and responds to greetings. Otherwise one can be identified as “that who does not greet people” “hasalimii’
2.	Self Introduction	<ul style="list-style-type: none"> ○ You should know other people and be known. Once people learn that you are a development worker, they will see a need to protect you as a community member. This also will reduce unwanted attention. If you live without introduction people will live with suspicion of you. ○ Telling your name to people/children will address you by it instead of ‘mzungu’ (which means a white person)
3.	Shopping At The Market	<ul style="list-style-type: none"> ○ If you can try to know the price of items before you go to purchase them (i.e. any market item or bus fair). ○ Always have small change to make the purchasing easier. E.g. 100/=, 200/= 500/= and 1000/= . If you are able to pay in exact change this will reduce the potential for people to think they can ask for a higher price or refuse to give you your change back. ○ Try to carry money in multiple places and never show all of your money at the same time. ○ Never expose the content of your purse. ○ Due to the congestion of the market, hold your purse in hand to avoid pickpockets & thieves. ○ Build friendship with vendors for you may specify your needs for the following market day and even have them delivered at your home.
4.	Shopping At The Shop	<ul style="list-style-type: none"> ○ Expiring goods are sometimes sold so check the dates. The seller may insist ‘Hakuna shida’ but be firm. ○ Shop at 3 different shops to compare the price. ○ Children would like to do your errands however they may expect to keep change as a reward.
5.	Cooking & Drinks Preparation	<ul style="list-style-type: none"> ○ Fresh juice sold at bus stations and markets is not hygienically prepared, so avoid drinking it. Wash raw fruits and vegetables before eating. ○ Some local liquor/beer is quite strong and made with unclean water. Drink with caution.
6.	At the Hotel	<ul style="list-style-type: none"> ○ Ensure there is a good mosquito net, and windows and door locks work properly ○ Do not expose schedule to unconcerned people to avoid theft on the last day. ○ Do not open the door for unknown visitor in during the night
7.	Health Needs	<ul style="list-style-type: none"> ○ Do not use local medicines, they may cause serious side effects to you. ○ Neighbors, friends and colleagues may ask you for medical advice and even medications. Avoid this and encourage them to go to the hospital.
8.	Directions	<ul style="list-style-type: none"> ○ To ensure the validity of the direction/s, ask more than two people. Some Tanzanians will give directions even if they don’t know the way. ○ Always ask more than one-way of getting to a place in order to have a choice of entrance and exit.

		<ul style="list-style-type: none"> ○ Tanzanians use phrases ‘karibu tu /si mbali’ to mean just near/not far sometimes that does not reflect the actual distance. The place can be far and the words are just to encourage you and they are not used to describe the distance.
9.	Climate And Agriculture	<ul style="list-style-type: none"> ○ Always wash fruits and fresh vegetables thoroughly for pesticides are commonly applied. ○ Some places look safe during dry season, but are notorious for floods during rainy season. Therefore, gather information before traveling/taking a short cut during the rainy season.
10	Transport outside of F2F assignment	<ul style="list-style-type: none"> ○ Always take early buses in case of break down and other inconveniences. ○ On safari keep your ticket to the end of the trip to avoid inconveniences. ○ Have the constant companion handy for telephone numbers in case of emergency. ○ In emergency, state name of bus, your route, place-land mark. If other passengers decide to leave the place, leave with them. ○ To avoid drugs avoid offering and accepting food to/from other passengers. ○ Stop Over-eat/strengthen your legs near other passengers/bus. Sometimes people re-board wrong buses or are left behind.
11	Animals	<ul style="list-style-type: none"> ○ Never attempt to approach wild animals. ○ Tanzanians don’t have pets like Americans. DO NOT touch dogs, cats, monkeys etc, as they are used only as guard animals or to hunt mice. They may look friendly but in fact monkeys and dogs are trained to be ferocious and dangerous. There are some incidents where people have been seriously wounded. ○ Also, they are almost never vaccinated and often carry dangerous diseases and fleas.
12	Immigration and Police Officers	<ul style="list-style-type: none"> ○ Make sure to ALWAYS carry your papers with you when traveling out of your village. ○ Try to greet in Kiswahili and answer questions in Kiswahili where possible. ○ If the person who is approaching you is in plain clothes you can ask to see identification before showing your papers.