



# Go Ministries, Inc.

## International Mission Trips

### *Mission Trip Cultural Sensitivity*

Take some time before your **trip** to learn a bit about your host location. Learn about some **cultural** behaviors and rules, and perhaps if going to a foreign location learn a few simple words and phrases of their language. The **key** to adjusting smoothly on your trip is to BE FLEXIBLE! **Try** some foods that you may not otherwise touch, do things you may not otherwise volunteer to do, and on the whole, be willing to adapt to different schedules and structures.

Above all, **respect** your hosts and the people that you meet. **Serve** them out of a heart of love and humility, and remember that you are a guest in their country. You have gone to serve, not to be served. Strive for “**Christ’s likeness**,” not “Americanness,” to shine through you.

Things in other cultures don’t run as on-time as things in the States usually do. Make use of the “waiting” time you’re sure to have. Use the time to get to know your teammates better, or nationals that may be with you. Keep a book with you to pull out during these times. Choose some scripture to memorize and work on it while you wait.

- ❖ Greetings are very important in many cultures. Find out ahead of time or learn what the appropriate greetings are as soon as you arrive, then put them into practice.
- ❖ Remember that common body language in the States, may mean something totally different in the culture you are going to. For example, our common “okay” sign is seen as inappropriate in many Latin countries.
- ❖ If they speak another language where you are going, make sure to learn a few phrases beforehand. Learning the phrase, “How do you say...” can be very useful, along with some pointing, to pick up words and phrases once you arrive.
- ❖ Make sure to pay attention to any dress-code guidelines you may have been given for the culture you are going to. Dressing appropriately can really have an effect on how people treat you.
- ❖ In many cultures, showing respect to those older than you is very important.
- ❖ Hospitality can look different in other cultures. Our family style way of serving meals and serving yourself, isn’t common in other countries. If you’re going to be eating meals prepared by nationals, be ready to have a full plate of food set in front of you and be ready to eat it! Put aside any picky eating habits during your trip.
- ❖ It’s best to not pull out your camera during the first couple days of your trip, until people know you a little better. Ask before you take people’s pictures, and be sensitive to those who don’t want their

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- ❖ picture taken. Don't make people feel like they are part of your sight-seeing tour.
- ❖ Don't make promises you won't keep, about staying in touch with people or sending them things, etc. Sometimes even mentioning something as a possibility, i.e. "maybe I can send you some clothes," is understood as a promise.
- ❖ Long church services in languages you don't understand can be killers! To help pass the time, try to at least pick out what passage of scripture is being taught and spend time reading and meditating on it. Also, let everything be a cue to pray! Pray for the pastor as he preaches. During worship, pray that God would be glorified in the service. If a child cries, pray that he/she would grow up to love and serve the Lord. If a chicken runs through, pray that God would provide adequate food for the community.

## ***Travel Documentation***

Please allow plenty of time to obtain the required documents and ensure their accuracy.

### **Passports**

You may obtain a passport application and information at the following website:

[http://travel.state.gov/passport/get\\_first.html](http://travel.state.gov/passport/get_first.html)

The site also lists documentation requirements for various circumstances, but you will need the following if you are applying for the first time:

- Birth Certificate with original raised seal
- Driver's License
- Two identical passport photos. You need to have these done professionally, and may purchase them at most local drugstores, Post Offices or FedEx stores for around \$10.00
- Payment for the passport fee plus the office's execution fee. Refer to the website above for specific details and amounts.

Once the entire package is mailed, issuance takes approximately 6 weeks if there are no errors. Expedition is possible for a substantial fee.

### **Visas**

If a visa is required for your trip, GMI will coordinate that for you. A passport picture is normally required, and copy of your passport will be necessary. In many cases visa applications can be processed online, so a digital copy of the photo and passport will suffice. Specific information on requirements will be communicated to you.

### **Immunizations**

All mission team members should have their immunizations by the third team meeting. Each mission team member will be responsible for any vaccines they receive. Routine immunizations are typically available from your primary care physician. However, some such as Yellow Fever are only available from a travel

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clinic. Vaccines may vary from \$25.00 - \$150.00 for each inoculation.\* Some insurance plans will NOT cover all the vaccinations recommended for foreign travel – you should check with your insurance company prior to your appointment.

## Always:

- Carry your passport and International Certificate of Vaccination (ICV or yellow book) with you at all times. You should also carry a copy of both in a location separate from the original documents. Suggestion: staple the ICV to the inside back cover of your passport.
- Provide GMI a digital copy of both your passport and ICV. We will travel with a copy of all your documents in the event they are lost or stolen. A copy will be needed to replace your passport with the American Embassy.
- Carry your medication with you in your carry-on luggage as well as a change of clothing.
- Check your travel itinerary with your airline and be aware of time changes.
- Allow ample time to check-in, clear security, and reach your departure gate. It is strongly recommended to be at the airport at least three (3) hours prior to scheduled departure.
- Be aware of your surroundings and always let your team members know of your whereabouts. Please alert the team if you find yourself in any kind of predicament.
- You should register your international trip with the Smart Traveler Enrollment Program (STEP) on <https://step.state.gov/step/>

## Health and Wellness Tips

Please seek the advice of your physician prior to committing to a GMI mission trip and do not travel if you are not well. Also, please note that long flights – especially flight crossing four or more time zones can upset the body's natural patterns and functions. This abrupt change of a body's clock results in a condition commonly known as "jet lag" and medically known as *desynchronosis*. Common symptoms include fatigue, headaches, irritability, disorientation, sleep disturbances, and problems with digestions. Please be sure you are aware that you may be subject to these issues before you commit to traveling with GMI.

## On the trip:

- DO NOT drink or brush your teeth with the local tap water!!! Bottle water will be provided for you.
- Eat only peel-able fruits (i.e. bananas, mangos, etc.) Rule of thumb: *"peel it, cook it, boil it, or forget it"*
- Diarrhea or constipation often occurs during travel. Do not be embarrassed if this happens to you. Staying hydrated can prevent more serious problems from developing. Over-the-counter medications can often relieve symptoms, but you may want to hold off a few hours before taking something for diarrhea, as it could be your body's natural way of getting rid of bad bacteria.
- If you take prescriptions, please be sure to pack them in their original containers in your carry-on luggage.

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- Wear loose, comfortable clothing and comfortable shoes.
- Wear flip-flops in the shower and shoes at all times.
- Do not leave valuables in your room, in the vehicle or unaccompanied at any time. Your team leader will advise you of “safe” environments for valuables, but please be aware there is always a risk of loss or theft.
- Never carry luggage or items for people you don’t know!
- You may want to pack a small first-aid kit to bring along with items such as bandages, anti-nausea medication, Tylenol/Ibuprofen, and Neosporin.
- During the flight, move your legs often - getting up and walking around at least every couple of hours. Don’t cross your legs. It is recommended that you wear travel compression socks, unless you are medically unable.

## Other Important Information:

### Supplies

You may be asked to carry various supplies as part of your luggage. Some items may include In Touch Ministries, (ITM) Messengers and Slates (android tablet with pastor’s library and conference materials). Different countries have different rules pertaining to traveling for ministry. You may encounter a variety of scenarios where you or the ITM Materials may not be welcome. While the team leader will guide you on the best way to address questions or situations that arise, we request that you stay calm at all times and learn to adapt. In some instances, situations may be complex and take a long time to resolve. Please exhibit patience and Christ-like attitude regardless of what occurs.

### Terminology

Please be advised that because of the laws and restrictions in some countries, we may travel as “tourists” on “holiday” even though our work is ministry. Likewise, we may refer to the ITM Messengers and Slates as “gadgets” and refer to sermons or books as “teaching materials”. This is for both your safety and the security of those we are visiting.

## *Travel Safety Reference Guide*

International travelers are exposed to many new experiences and certain risks. This guide offers GMI mission trip participants information, tactics, techniques, and procedures to mitigate risks inherent to international travel. Go Ministries acknowledges that every destination is unique and that no one resource can address all possibilities. The following recommendations may provide trip participants greater comfort and confidence when traveling internationally.

### Prior to travel:

- Check travel warnings and travel alerts on the State Department website at [www.travel.state.gov](http://www.travel.state.gov). Specific warnings and alerts are listed and updated for each country. Go Ministries is also in

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communication with our contacts in country to stay abreast of any potential threats or concerns we need to be aware of.

- Check the CIA homepage at [www.cia.gov](http://www.cia.gov) (“world fact book”). This is a reference resource that provides brief descriptions of the geography, people, government, economy, communications, transportation, military, etc.
- Register with the U.S. State Department’s Smart Traveler Enrollment Program (STEP) <https://step.state.gov/step/>
- Check the Center for Disease Control site at [www.cdc.gov](http://www.cdc.gov). This will give you the list of shots you need and precautions to take.
- Leave a copy of your itinerary at home. Include hotel website/email and transportation/flight information for each day of travel.
- Let family and friends know you will be able to facetime, send imessages, post Facebook updates, use What’s App, and other forms of internet communication when internet is available.
- Make sure your passport is current - at least 6 months from the expiration date is normally required.

## Situational Awareness

Situational Awareness is very important domestically, but becomes critically important overseas in unfamiliar environments. Keep your head up, eyes and ears open, and listen to your God-given intuition! Situational awareness can and should be practiced, and will improve the more you do so. Focus on seeing and remembering everything around you. It will seem extremely arduous and time-consuming at first, but will become increasingly easier as time passes and proficiency is gained. Your goal should be for these efforts to become habitual and completed sub-consciously. Some important practices are:

- Trust your instinct - if a place does not feel right, move to a safer location immediately!
- Assess your emotional and physical strengths and limitations.
- Be attentive to how others perceive you; behave in an unprovocative manner that discourages unwanted attention.
- Use common sense. Be aware of surroundings, including the people, cars, and alleys nearby.
- Beware of EVERYONE, including pickpockets, scam artists, etc.
- Pay attention to local media for any activities or events that might affect you.
- Educate yourself of any pending events (elections, demonstrations, anniversaries) that may cause civil disturbance, and avoid unnecessary risks.
- Politely decline offers of food or drink from strangers.
- Accept beverages only in sealed containers; make sure there has been no tampering.
- Keep a low profile. Dress and behave conservatively.
- Do not wear clothing with American logos or place anything on your luggage identifying your nationality.

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- Vary regular travel routes by changing travel times or using different roads
- Avoid areas where you are likely to be victimized. These include crowded mass transit stations, tourist attractions, market places, festivals, and marginal areas of cities or towns.
- Don't use shortcuts, narrow alleys, or poorly lit streets. Do not travel alone.
- Avoid public demonstrations and other civil disturbances.
- Do not discuss travel plans or other personal matters with strangers.
- Beware of strangers who approach you begging, offering bargains or to be your guide.
- Move with purposeful strides. If you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority. Generally, families or women with children are the safest persons to ask for directions.
- Consider cell phone service that works in the country you are traveling in. If you have an unlocked phone, you may be able to purchase cell service packages in country.
- Learn enough of the local language so you can communicate your need for help, police, or a doctor. Carry a list of emergency phone numbers you may need: police, fire, hotel, and the nearest US embassy/consulate.
- If you are confronted, give up your valuables. Fight only as a last resort.
- Select running and workout routes with care. Try to remain in your hotel when doing so.
- In restaurants and other public places, locate the functional emergency exits before any emergency occurs.
- Do not leave your wallet or any other valuables in a position where it can be easily taken or viewed (such as a back pocket). Exercise additional caution when carrying and displaying valuable possessions (jewelry, phone, sunglasses, camera, iPad, computer, etc.). What may be a simple, even disposable item to you may be a sign of extreme affluence to another.

## Hotel Safety

- Ask for a second story room at a hotel. Ground floor rooms are more susceptible to break in. Staying on the second floor also makes it easier to escape if there is a fire. Try to avoid staying above the third floor in any country without a modern and well-equipped fire department. Never stay above the seventh floor.
- Check windows and doors to make sure they are secure.
- Read the fire safety instructions in your hotel room. Know how to report a fire. Be sure you know where the nearest fire exits and alternate exits are located. Count the doors between your room and the nearest exit. Do the same for an alternate exit. This will allow you to reach the exit if the corridor is dark or filled with smoke.
- Don't open the door to anybody unless you are familiar with him or her. Talk through the door without opening it. Hotel door chains are practically useless.
- Keep your hotel door locked at all times. Meet visitors in the lobby.

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- Do not leave money and other valuables in your hotel room while you are out. Use the hotel safe (remember safes are not foolproof).
- If you are alone, do not get on an elevator if there is a suspicious looking person inside.

## Ground Travel

Ground travel poses several risks to the traveler. Not only are you more vulnerable, but many places do not have the traffic laws, enforcement, infrastructure, or assistance that you are accustomed to. Be prepared. You will be in an unfamiliar environment and may have to contend with, among other things, dangerous road conditions; untrained or unlicensed drivers; drivers operating under the influence of alcohol and/or narcotics; vehicles that are poorly maintained and therefore hazardous, police and/or criminal checkpoints or roadblocks, and others with malicious intentions. Some recommendations for ground travel are:

- If you have to drive, use a common vehicle model and always leave a path for escape when you stop (at a light, stop sign, crosswalk, etc.) Park in a manner that expedites your departure.
- Carry a cell phone, first aid kit, maps, flashlight, and official documents in your vehicle.
- Keep the vehicle windows rolled up and the doors locked.
- Use the seat belts.
- Be alert to scam artists and carjackers while stopped in traffic.
- Understand the proper local procedures should you be involved in or witness a traffic accident. In some locales, stopping for an accident can put your life at risk.
- Only take official, licensed taxis; note the license plate number of taxi and write it down.
- Avoid getting into a taxi already occupied by others. If necessary, pay extra for a single fare. Negotiate a price before getting in a taxi. Have money ready to pay in appropriate denominations.
- Take a seat on a bus or train that allows you to observe fellow passengers, but does not preclude options to change seats if necessary.

## **ABOVE ALL TRUST YOUR GOD-GIVEN INTUITIONS!**

### ***Baggage Limitations/Restrictions***

Label your luggage with your name, address, and phone number. Luggage limitations per person are two (2) checked bags 50 lbs max weight, one (1) carry on bag and one (1) personal item. Don't take too many clothes. Make sure each outfit fits very well. Take clothes that are comfortable and that you feel good in, remember you can wear them repeatedly. Take comfortable, durable shoes that will handle water and rain.

1. Include a change of clothes, all necessary medications, and a second pair of glasses or contact lenses (with solution) in your carry-on bag (luggage can get temporarily misplaced).
2. Put all liquids in zip-lock bags.

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3. Don't pack anything in your suitcase that you can't afford to lose (tickets, travel documents, phone numbers, itinerary, currency, glasses, medicines, and jewelry).

The following rules (from TSA web-site) apply to all liquids, gels, and aerosols carried through security checkpoints:

1. All liquids, gels and aerosols must be in three-ounce or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed. **Each container must be three ounces or smaller.** If you need larger amounts of liquids, gels and aerosols such as toothpaste or shampoo, please place them in your luggage and check them with your airline.
2. All liquids, gels and aerosols must be placed in a single, quart-size, zip-top, clear plastic bag. Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed. **Each traveler can use only one, quart-size, zip-top, clear plastic bag.**
3. Each traveler must remove their quart-sized plastic, zip-top bag from their carry-on and place it in a bin or on the conveyor belt for X-ray screening. X-raying separately will allow TSA security officers to more easily examine the declared items.

To ensure the health and welfare of certain air travelers, in the absence of suspicious activity or items, greater than 3 ounces of the following liquids, gels and aerosols are permitted through the security checkpoint in reasonable quantities for the duration of your itinerary (all exceptions must be presented to the security officer in front of the checkpoint):

- [Baby formula, breast milk, and juice](#)
- [All prescription and over-the-counter medications](#) (liquids, gels, and aerosols) including KY jelly, eye drops, and saline solution for medical purposes;
- Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition;
- Life-support and life-sustaining liquids such as bone marrow, blood products, and transplant organs;
- Items used to augment the body for medical or cosmetic reasons such as mastectomy products, prosthetic breasts, bras or shells containing gels, saline solution, or other liquids; and,
- Gels or frozen liquids needed to cool disability or medically related items used by persons with disabilities or medical conditions.

You are allowed reasonable amounts over 3 ounces of the items above in your carry-on baggage, but you will need to perform the following:

1. Separate these items from the liquids, gels, and aerosols in your quart-size and zip-top bag.
2. Declare you have the items to one of our Security Officers at the security checkpoint.
3. Present these items for additional inspection once reaching the X-ray. These items are subject to additional screening.



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## Mission Trip Suggested Packing List

### TOILETRIES:

- Razor, Shaving gear
- Hair Brush and Comb
- Shampoo/Conditioner (seal in zip lock bag)
- Soap Flip flops to protect feet in shower
- Toothbrush w/ case, Toothpaste
- Antiseptic Mouthwash (also good for rinsing toothbrush)
- Cologne/Perfume/Deodorant
- Lip balm
- Lotion

### GENERAL ITEMS:

- Aspirin/Tylenol
- Breath mints/Chewing gum
- Camera (extra batteries)
- Electrical transformer & converters - U.S. appliances are designed for 120-volt electrical supply. Voltage varies country to country, but most other countries use 240-volt appliances. You will need electrical outlet converters for blow dryers, curling irons, shavers, etc. These are available in hardware stores, travel stores and many department stores. (Do NOT try to use the cheap travel adapters - that will be the end of your expensive equipment, unless they are dual voltage!)
- Dual-voltage appliances: These are helpful since they don't require a transformer
- Hair dryer, curling iron
- First Aid Kit including Band-Aids & personal medicines (travel size)
- Hand sanitizers and wipes
- Ear plugs
- Sleep aid (Tylenol pm, melatonin, etc.)
- Antihistamine
- Decongestant
- Granola bars/other healthy snacks
- Motion sickness medicine
- Malaria Medication
- Antibiotic – Cipro for traveler's diarrhea and Z-pack or other antibiotic for respiratory infections if you are prone to get them!
- Imodium AD and Pepto Bismol tablets (a necessity)
- Cough drops
- Cold, flu, allergy medicine
- Kleenex (travel size), Zip Lock Bags (to store items that may leak)
- Money belt or other travel case for money, passport, etc....
- Clothes (modest, appropriate for culture)
- A few rolls of travel size toilet paper (a necessity)
- Bug repellent (100% Deet is best)
- Shoe polish (shoes will get very dusty and dirty)
- Sunscreen
- Sunglasses
- Cap or Hat
- Sweater, jacket (may get cold at night)
- Comfortable shoes

### SPECIAL ITEMS:

- Umbrella (smallest size possible)
- Travel packages of detergent
- Stain stick for laundry (Tide to Go)
- Towel & washcloth (hotel will have towel, but no washcloth)
- Small Backpack (this is essential for carrying tracts, Bibles, water, etc.)
- Small Flashlight (batteries)
- Bible
- IPad/Computer w/power supplies
- Journal/notebook & Pens
- Packing Tape
- Safety pins
- Alarm clock (battery travel)
- Travel sewing kit
- Gifts for interpreters, pastors, friends, etc.... (some suggestions: T-shirts, devotional guides, high-lighters, etc.....)

- Be sure to place iPhone and iPads in airplane mode and leave it there to avoid international data charges – you can turn Wi-Fi on to receive email, imessages and facetime calls when connected to Wi-Fi.
- Be sure to pack a change of clothes, toothpaste, toothbrush, etc. in your carry-on bag....some luggage has been known to arrive late!

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## Ten Commandments for mission trip participants

### *Healthy attitudes on short-term mission trips*

1. You shall not forget that you represent your home country and the Lord Jesus Christ.
2. You shall not expect that things will be the same as they are at home, for you have left your home to find different things.
3. You shall not take minor things too seriously. Accepting things as they are paves the way for a good mission trip.
4. You shall not judge all by the one person with whom you have had trouble.
5. You shall not let other group members get on your nerves. You raised good money and set aside this time. So, enjoy yourself.
6. You shall not be overly worried. The person who worries has no pleasures. Few things people worry about are ever fatal.
7. Remember your passport (or other identification document) so that you know where it is at all times. A person without documents is a person without a country.
8. Blessed is the person who says "thank you" in any language. Verbal gratefulness is worth more than tips.
9. When in (Rome), do as the (Romans) do. If in difficulty, use common sense and your native friendliness.
10. Remember, you are a guest. He who treats his host with respect shall be treated as an honored guest.

Okay, so these aren't the [10 commandments](#) given to [Moses](#) on Mt. Sinai. However, the principles enunciated here are foundational to success in short-term cross-cultural experiences. So, violating these 10 commandments (even if Moses didn't get them) can spoil your short-term experience and even tarnish your attempts to witness for Christ.

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**English to Swahili:** (some common words with their translation in Swahili)

## **GENERAL**

Hello	Jambo!
How are you?	Habari /Habari gani?
Very Well	Mzuri sana
And you?	Na wewe?
Good, fine/very well	Mzuri/Nzuri
Bad	Mbaya
Thank you (very much)	Asante (sana)
Please	Tafadhali
Welcome	Karibu
Goodbye/Goodnight	Kwaheri / Lala salama
Welcome	Karibu
Danger	Hatari
Friend	Rafiki
I am from . . .	Natoka . . .
Sorry	Samahani, Pole
Excuse me please	Nisamehe, Samahani
Quick	Upesi
Slow	Pole pole
Hot (object)	Moto
Hot (spicy food)	Kali
Cold	Baridi
Now	Sasa
What?	Nini?
When?	Lini?
Where?	Wapi?
Which?	Ipi?
Who?	Nani?
Why?	Kwa Nini?
How do you say?	Unasemaje?
I don't know	Sijui
I don't understand	Sielewi
I don't speak Swahili	Sisemi kiswahili
Where are you going?	Nenda wapi?
Let's go (carry on, etc)	Twende
Okay	Sawa sawa
Yes	Ndiyo
No	Hapana
Not yet	Bado
I	Mimi
You	Wewe
Soon	Sasa hivi
No problem	Hakuna matata
Praise the Lord	Bwana Asifiwe!

## **RESTAURANT**

A lot/plenty

## **YA KAWAIDA**

Jambo!
Habari /Habari gani?
Mzuri sana
Na wewe?
Mzuri/Nzuri
Mbaya
Asante (sana)
Tafadhali
Karibu
Kwaheri / Lala salama
Karibu
Hatari
Rafiki
Natoka . . .
Samahani, Pole
Nisamehe, Samahani
Upesi
Pole pole
Moto
Kali
Baridi
Sasa
Nini?
Lini?
Wapi?
Ipi?
Nani?
Kwa Nini?
Unasemaje?
Sijui
Sielewi
Sisemi kiswahili
Nenda wapi?
Twende
Sawa sawa
Ndiyo
Hapana
Bado
Mimi
Wewe
Sasa hivi
Hakuna matata
Bwana Asifiwe!

## **MGAHAWA**

Nyingi

Bread	Mkate
Butter	Siagi
Very well, thanks.	Vizuri, asante
Coffee	Kahawa
Egg(s)	Yai (Mayai)
Enough	Basi/Inatosha
Fish	Samaki
Food	Chakula
Fruit(s)	Tunda (Matunda)
Ice/Cold	Barafu/Baridi
Meat	Nyama
Milk	Maziwa
Onion	Kitunguu
Potato(es)	Kiazi (Viazi)
Rice (Cooked rice)	Mchele (Wali)
Salt	Chumvi
Small, little / Big	Kidogo/Kikubwa
Sugar	Sukari
Sweets	Peremende
Sweet	Tamu
Tea	Chai
Vegetables	Mboga
Warm, hot / fire	Moto
Water	Maji

## **ON BUYING**

How much?	Ngapi
What price?	Bei gani?
Expensive (Very)	Ghali (sana)
Shilling(s)	Shilingi
Please give me discount	Tafadhali nipunguzie
Come down a little	Punguza kidogo

## **KWA KUNUNUA**

## **NUMBERS**

One	Moja
Two	Mbili
Three	Tatu
Four	Nne
Five	Tano
Six	Sita
Seven	Saba
Eight	Nane
Nine	Tisa
Ten	Kumi
Half	Nusu
Quarter	Robo

## **NAMBARI**

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## **DAYS OF THE WEEK**

Sunday  
Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday

## **SIKU ZA JUMA**

Jumapili  
Jumatatu  
Jumanne  
Jumatano  
Alhamisi  
Ijumaa  
Jumamosi

## **TIME**

What time is it?  
Now  
Minute  
Morning  
Evening  
Afternoon  
Today  
Yesterday  
Tomorrow  
Time / Hour  
Night  
Day

## **WAKATI**

Saa ngapi?  
Sasa  
Dakika  
Asubuhi  
Jioni  
Alasiri  
Leo  
Jana  
Kesho  
Muda/Saa  
Usiku  
Siku

## **EVERDAY WORDS**

Post Office  
Telephone  
Bank  
Hotel  
Village(s)  
Freedom  
Unity  
Progress  
Teacher(s)  
School  
Garden (Farm)  
Street / Road  
Letter  
Paper  
Pen  
Church  
Book(s)

## **MANENO YA KILA SIKU**

Posta  
Simu  
Benki  
Hoteli  
Kijiji(Vijiji)  
Uhuru  
Umoja  
Maendeleo  
Mwalimu(Waalimu)  
Shule  
Bustani (Shamba)  
Mtaa / Barabara  
Barua  
Karatasi  
Kalamu  
Kanisa  
Kitabu (Vitabu)

## **FAMILY WORDS**

Man (Men)  
Woman (Women)  
Mister, Sir  
Mrs. (respectful-  
adult woman w/child

## **MAJINA YA JAMII**

Mwanaume (Wanaume)  
Mwanamke (Wanawake)  
Bwana  
Mama \_\_\_\_\_  
(oldest child's first name)

Child (children)  
Old man (men)  
Girl(s)  
Madam  
Boy(s)  
White person

Mtoto (Watoto)  
Mzee (Wazee)  
Msichana (Wasichana)  
Bibi  
Kijana (Vijana)  
Muzungu

## **GAME ANIMALS**

Leopard(s)  
Rhinoceros  
Buffalo(s)  
Lion(s)  
Elephant(s)  
Cheetah  
Baboon Monkey  
Chimpanzee, Apes  
Zebra  
Giraffe  
Impala  
Hyena  
Warthog  
Boar  
Hippo(s)

## **WANYAMA WA MSITUNI**

Chui  
Kifaru (Vifaru)  
Nyati  
Simba  
Tembo / Ndovu  
Duma  
Nyani / Tumbili  
Sokwe  
Pundamilia  
Twiga  
Swalapala  
Fisi  
Ngiri  
Nguruwe Mwitu  
Kiboko (viboko)

## **YOUR CONVENIENCE**

Bring  
May I have  
I want  
Come with me/Let's go  
What is your name?  
Where do you come from?  
Please, sit down  
Come here, please  
Help! Fire! Thief!  
Call a Policeman  
Has my luggage been  
brought down?  
I am lost  
Taxi Cab!  
Stop here  
Wait here  
Please show me the way  
Where is the hotel?  
I want to go to bed (sleep)  
Slowly  
May I come in?  
Where are the toilets?  
Excuse me (let me through)

## **MANENO YA KUKUFAA**

Lete  
Tafadhali nipe  
Ninataka  
Twende pamoja / Twende  
Jina lako nani?  
Unatoka wapi?  
Tafadhali keti chini  
Njoo hapa tafadhali  
Saidia! Moto! Mwizi!  
Mwite Polisi  
Mizigo yangu  
imeteremshwa chini?  
Nimepotea  
Teksi!  
Simama hapa  
Ngoja hapa  
Nionyeshe njia tafadhali  
Hoteli iko wai?  
Nataka kwenda kulala  
Polepole  
Hodi?  
Wapi choo?  
Hebu