

ROY GOES PORTUGUESE



AN INTRODUCTION TO THE LANGUAGE AND CULTURE OF PORTUGAL

About Portugal

Portugal, officially the Portuguese Republic, located in south western Europe on the Iberian Peninsula, is the western most country of mainland Europe. Portugal is bordered by Spain to the north and east and by the Atlantic Ocean to the west and south. The Atlantic archipelagos of the Azores and Madeira are also part of Portugal.

The territory which forms the modern Portuguese Republic has witnessed a constant flow of civilizations during the past 3,100 years, from the earlier pre-Roman inhabitants, to the Roman, Germanic, and Moorish peoples who made an imprint on the country's culture, history, language, and ethnic composition. During the 15th and 16th centuries, with its vast transcontinental empire, Portugal was one of the world's major economic, political, and cultural powers. A developed country, Portugal is a member of the European Union (since 1986), the United Nations (since 1955), and a founding member of the Eurozone, OECD, and NATO.

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The Keystone Development Trust, based in Thetford, is a charity dedicated to improving the quality of life in Thetford, Brandon and surrounding areas.



Week one (Primeira semana)

Greetings and Farewells

Olá	Hello
(Ol-ah)	
Bom dia	Good morning
(Bong-dia)	
Boa tarde	Good afternoon
(Boa-tard)	
Boa noite	Good evening / night
(Boa-noit)	
Até logo	See you later
(Et-eh logge)	
Adeus	Goodbye
(Adeossh)	
Como está?	How are you?
(Como shtar?)	
Bem obrigado, obrigada	Fine thank you (m./f.)
(Beng obrigado, obrigada)	
... e você?	And you?
(... E voss-eh?)	

You say obrigado if you are a man and obrigada if you are a woman.

Exercise

At which of these times would you say the following?

Match the times with the greetings

8 p.m.	Boa noite Senhor Pedro
2 p.m.	Adeus, Bom dia
11 a.m.	Boa tarde Senhora Maria

Week two (Segunda semana)

Basic phrases

Por favor

Please

(Por favorrrr)

Onde é/Onde são?

Where is / Where are?

(Undeh eh / Onde Sao?)

Como chama isto?

What do you call this?

(Como shama ishto?)

O que quer dizer isso?

What does that mean?

(U ker-kerrrr diezerrrr isso?)

Fala inglês?

Do you speak English?

(Fouler English?)

Não compreendo

I don't understand

(Noung compre-endo)

Pode ajudar-me, por favor?

Can you help me, please?

(Pod ajudar-merrrr por favor?)

Perdi-me

I am lost

(Perdeem)

Getting to know people

Como se chama?

What's your name?

(Como se shama)

Chamo-me ...

My name is ...

(Shamo meh ...)

Muito prazer

Nice to meet you

(Muinto prazeer)

Desculpe?

Pardon?

(Deshcoolp)

Exercise:

Fill in the gaps

Alice: Olá, como

António: Bem obrigado.?

Alice: Estou bem obrigada.....?

António: Como?

Alice: Alice., muito prazer.

Week three (Terceira semana)

**Talking about your nationality and saying where
you're from**

É Inglês?

Are you English?

(Eh English?)

Sim - sou Inglês

Yes - I'm English

(Sing - so English)

Não - não sou Inglês

No - I'm not English

(Noung - Noung so English)

Sou Escocês

I am Scottish

(So Esco-sesh)

Donde é?

Where are you from?

(Donde eh?)

Sou do Porto

I am from Porto

(So do Porto)

Sou de Norwich

I am from Norwich

(So de Norwich)

In Portuguese

To describe someone's nationality, you will find two main types of endings:

-o	(for a man)	Italiano	Americano
-a	(for a woman)	Italiana	Americana
-ês	(for a man)	Inglês (English)	Português (Portuguese)
-esa	(for a woman)	Inglesa (Inglazer)	Portuguesa (Portugazer)

Exercise:

Fill in the feminine forms of the nationality:

País	Country	Nationality (masc.)	Nationality (Fem.)
Espanha (Ishpana)	Spain	Espanhol (Ishpanyol)	
Inglaterra (Inglaterra)	England	Inglês (English)	
França (France-eh)	France	Francês (Francish)	
Irlanda (Irlanda)	Ireland	Irlandês (Irlandish)	
América	America	Americano	
Brasil	Brazil	Brazileiro (Brazil-ay-row)	

Week four (Quarta semana)

Talking about your family

É casado?

Are you married?

(E cazado?)

Sou casado/a, solteiro/a

I'm married / single

(So cazado/a, solteiro/a)

Tem filhos?

Do you have children?

(Teng feeloush?)

Tem família?

Have you got family?

(Teng familia?)

Tenho um irmão/uma irmã

I have one brother/one sister

(Teng-yo oong irmaung / ooma
earma)

Sim, tenho um filho e uma
filha

Yes, I have a son and a daughter

(Sing, tengo oom feel-yo ee
ooma feelya)

Não, não tenho filhos

No, I don't have any children

(Naung, naung tengo feelosh)

In Portuguese there are different words for “my”

O meu before a male		A minha before a female	
(Oo me-oh)		(A meena)	
Esposo	Husband	Esposa	Wife
(Eshpozo)		(Eshpoza)	
Pai	Father	Mãe	Mother
(Pie)		(My-ing)	
Neto	Grandson	Neta	Granddaughter
(Net-oh)		Net-a	
Irmão	Brother	Irmã	Sister
(Ear-maung)		(Ear-ma)	

Exercise:

Daniela introduces some of her family. How does she say who Carla, André and Diogo are?

Esta é irmã Carla, este é
irmão André e este é pai Diogo.

Week Five (Quinta semana)

Talking about where you live

Onde mora?

Where do you live?

(Ond more-a?)

Eu moro em Faro

I live in Faro

(Eh-oh more-o eng Faro)

... na rua dos Tanoeiros

... in Tanoeiros Street

(... nah rrrua doosh Tanoeirosh)

... no centro da cidade

... in the city centre

(... noo centro da see-dard)

... no campo

... in the country

(... noo campo)

Finding out what there is around

Desculpe

Excuse me

(Deshcoolp)

Há ...

Is there ...?

(Ah ...)

... um hotel?

... a hotel?

(... ung ottel)

... um restaurante?

... a restaurant?

(... ung resht-ou-rent?)

... um banco?

... a bank?

(... ung bank)

... um posto de turismo?

... a tourism office?

(...ung poshto de turishmo?)

... uma caixa multibanco?

... a cash point?

(... ooma kaisha multi-

banko?)

... uma padaria?

... a baker's?

(...uma pada-ria?)

Há um museu aqui perto?

Is there a museum near

(Ah ung muse-e-oh ecky

here?

perto?)

É longe?

Is it far?

(E lon-je?)

Week Six (Sexta semana)

Asking for directions

Onde é ...?

Where is ...? / Where is it?

(Undy-eh...?)

... a estação?

... the train station?

(...a shta-saung?)

... a paragem do autocarro?

... the bus stop?

(... a para-jeng do ow-to-car-row?)

Onde são ...?

Where are ...?

(Und saung...?)

... as lojas?

Where are the shops?

(... ash lojash?)

... dez minutos a pé

... ten minutes walk

(... desh minotosh a peh)

Pode repetir, por favor?

Can you repeat that, please?

(Pod rep-eh-tier, por favor?)

Pode falar devagar?

Can you speak slowly?

(Pod fallar dee-va-garr)

a quatrocentos metros daqui

400 metres away

(a quarto-centosh metrosh decky)

Asking for directions continued

entre ... e ... (entry ... e ...)	Between ... and ...
Primeira (Pree-may-ra)	First
Segunda (Segunda)	Second
Terceira (Terr-say-ra)	Third
Quarta (Kwaa-ter)	Fourth
Sempre em frente (Simp-reng-frent)	Straight ahead
Vire na primeira rua (Vera na pree-may-ra rua)	Take the first turning
À esquerda (A ish-kerda)	Left
À direita (A dee-rater)	Right

Week seven (sétima Semana)

Public transport

Há um autocarro para ...?	Is there a bus to ...?
(Ah ung auto-car-row parra...?)	
A que horas parte?	What time does it leave?
(A coo orash part?)	
A que horas chega?	What time does it arrive?
(A coo orash shega?)	
A que horas parte o comboio para Coimbra?	What time does the train depart for Coimbra?
(A coo orash part oo com-boyo perra Coimbra?)	
Um bilhete para ...	A ticket to ...
(Oom bill-yet parra...)	
Quanto é?	How much is it?
(Kwanto eh?)	
Só de ida / De ida e volta	Single / Return
(So de ida / De ida e volta)	
De que linha parte?	What platform does it leave from?
(De cur linga part)	
Partidas	Departures
(Party-dash)	
Chegadas	Arrivals
(She-guard-ash)	

Week eight (Oitava semana)

What time is it?



1 O'clock jooma ora

1.30 ooma e may-eh

1.05 ooma e sinko

1.35 vint e sinq parra ash do-ash

1.10 ooma e desh

1.40 vint parra ash do-ash

1.15 ooma e oom
kwarto

1.45 oom kwarto parra ash do-ash

1.20 ooma e vint

1.50 desh parra ash do-ash

1.25 ooma e vint e sinq

1.55 sinko parra ash do-ash

Week eight (Oitava semana)

Continued

If you have to indicate that it is a.m. or p.m., add da manhã, (da manya) da tarde (da tard) or da noite (da noight)

nove da manhã (nov da man-ya)	9 a.m.
quatro da tarde (kwartro da tard)	4 p.m.
dez da noite (desh da noight)	10 p.m.

Exercise: Write these times in Portuguese



4.10pm



12.30am



9.55pm

Week nine (Nona semana)

Ordering a drink in a bar

Faz Favor! / Por Favor!	Please/Excuse me! (to call
(Fash Favor! / Por Favor!)	a waiter)

Faz Favor?	Please/Can I help you?
(Fash Favor?)	

Que deseja?	What would you like?
(Cur dezi-ja?)	

Para si?	For you?
(Parra see?)	

Sim, por favor	Yes, please
(Sing, por favor)	

Não, obrigado	No, thank you
(Naung obrigado)	

Um café, por favor	A coffee please
(Ung café por favor)	

Uma cerveja por favor	A beer, please
(Ooma sur-vay-ja por fa- vor)	

De nada	You're welcome
(De nada)	

Ordering Continued

BEBIDAS

(BUR-BEE-DESH)

Uma bica

(Ooma beaker)

Uma meia de leite

(Ooma may-eh de late)

Um galão

(Ung galloung)

Um sumo de laranja

(Ung sumo de larrange-eh)

Um batido

(Ung batid)

Uma limonada

(Ooma leemo-nada)

Um chá de limão

(Ung sha de lee-maung)

Uma água

(Ooma agwa)

DRINKS

Espresso

Large white coffee

Large coffee in a glass

An orange juice

A milkshake

A lemonade

Lemon tea

Water

Week ten (Décima semana)

Ordering a meal at a restaurant

Queria reservar uma mesa I would like to book a table

(Korea reserve-aah ooma
maze-a)

Para três pessoas for three

(Parra tresh pess-oh-ash)

Para as 19 horas At 7pm

(Parra ash des-a-nov orash)

Para entrada queria ... For starters I would like...

(Parra entrada courier...)

Para prato principal queria... For main I would like...

(Parra pra-to princip-al cou-
rier)

Para sobremesa queria... For desert I would like...

(Parra sob-re-mazer cou-
rier...)

Finding a hotel room

Queria (Courier)	I would like
Um quarto simples (Ung kwarto simplesh)	A single room
Um quarto de casal (Ung kwarto de cazal)	A double room
Com banho (Com ban-yo)	With bathroom
Com duche (Com doosh)	With shower
Para uma noite (Parra uma noight)	For one night
Para duas noites (Parra do-ash noightsh)	For two nights
Para uma pessoa (Parra ooma pess-oh-ah)	For one
Para duas pessoas (Parra do-ash pess-oh-ash)	For two
Reservei um quarto no nome de ... (Reserve-eye ung kwarto noo nom de...)	I've booked a room in the name of ...
Tem um quarto? (Teng ung kwarto?)	Do you have a room?

ADDITIONAL INFORMATION

Alfabeto Português Portuguese Alphabet

(Alphabet Porto-gesh)

A	(ah)	N	(en)
B	(beh)	O	(oh) - as in 'soft'
C	(seh)	P	(peh)
D	(deh)	Q	(keh)
E	(eh)	R	(err)
F	(eff)	S	(ess)
G	(ge[ay]) - as in 'gold'	T	(teh)
H	(agah)	U	(oo)
I	(ee)	V	(veh)
J	(zhota)	X	(sheesh)
L	(el)	Z	(zeh)
M	(em)		

Cores / Colours

Azul (Azool)	<i>blue</i>	Roxo (Rosh)	<i>purple</i>
Verde (Vehrd)	<i>green</i>	Vermelho (Ver-mel-yo)	<i>red</i>
côr de rosa (Cor de rosa)	<i>pink</i>	Branco (Brankoo)	<i>white</i>
Castanho (Cash-tang-yo)	<i>brown</i>	Amarelo (Amarelo)	<i>yellow</i>

Numbers

1	Um (Ung)	one	11	Onze (Onz)	eleven
2	Dois (Doish)	two	12	Doze (Doz)	twelve
3	Três (Tresh)	three	13	Treze (Trez)	thirteen
4	Quatro (Kuatro)	four	14	Catorze (Catorz)	fourteen
5	Cinco (Sinqo)	five	15	Quinze (Keenz)	fifteen
6	Seis (Si-ish)	six	16	Dezasseis (De-za- sishe)	sixteen
7	Sete (sete)	seven	17	Dezassete (De-za-set)	seventeen
8	Oito (Oit)	eight	18	Dezoito (De-zoit)	Eighteen
9	Nove (Nov)	nine	19	Dezanove De-za-nov	nineteen
10	Dez (Desh)	ten	20	Vinte (Veent)	twenty

Dias da semana/Week days **(De-ash da semana)**

Segunda-feira	Monday
(Segunda-fayra)	
Terça-feira	Tuesday
(Tearsa-fayra)	
Quarta-feira	Wednesday
(Kwarta-fayra)	
Quinta-feira	Thursday
(Keenta - fayra)	
Sexta-feira	Friday
(Si-shta-fayra)	
Sábado	Saturday
(Sah-bado)	
Domingo	Sunday
(Domingo)	

Fim de semana - Weekend
(Fing de semana)

Meses / Months

(Meh-zish)

Janeiro (Jan-earo)	January	Julho (Jul-yo)	July
Fevereiro (Fa-va-ray-ro)	February	Agosto (Agoshto)	August
Março (Mar-so)	March	Setembro (Setembro)	September
Abril (Abreel)	April	Outubro (Oh-too-bro)	October
Maio (My-o)	May	Novembro (Noo-venbro)	November
Junho (Jun-new)	June	Dezembro (D-zembro)	December

As Estações / The Seasons

(Ash Shta-soinsh)

Primavera (Prima-vera)	Spring
Verão (Veraung)	Summer
Outono (Oo-tono)	Autumn
Inverno (Ing-verno)	Winter

Pilgrimages to Fátima

The Apparitions of Fátima have turned the town into one of the world's major centres of the Marian cult. The largest gatherings of devotees occur on 13th May (especially the Candlelight Procession on the night of 12th May and the "Adeus" (Farewell) Procession on 13th May, which closes the celebrations) and on 13th October

Festas da Ria

If you are in the centre of Portugal in July or August, don't miss the Festas da Ria (Festival of the Estuary), which brings added life and animation to the city of Aveiro. Given its vital role in the life of the region, the Ria estuary has a Festival specially dedicated to it. The high point of the event is the regatta of seaweed boats - colourful fishing vessels that are dedicated to catching seaweed vegetation from the estuary - which constitutes one of the local population's traditional economic activities in the area. The event's programme also includes performances, exhibitions, radical sports, and handicraft and gastronomy exhibitions.

Madeira Flower Festival

Be amazed by the Flower Festival in Funchal, Madeira, in April. Streets strewn with floral carpets, and shop windows decked with flowers, create a unique and unforgettable atmosphere in the town.

Be sure to visit the Flower Show in Largo da Restauração, where you will be surprised by the creativity of Madeira's flower growers

Medieval Market

In July, visit the Obidos medieval market, and travel back in time. Surrounded by its high town walls, Obidos is the ideal location for hundreds of extras and actors, fully dressed in medieval costumes, who animate the town's streets, as they portray noblemen, beggars, mule-drivers, jugglers, musicians, jesters and dancers. The main site of the entertainment events is located next to the castle, which is the location of jousting tournaments, on horse and on foot, medieval dinners and the market, where everything is sold, from medieval costumes to traditional home-made medical remedies.

Popular Saints – Feasts of São João

Celebrate the feasts of São João, the most revered saint of Oporto, held on the night of 23rd June. The feasts of São João, of pagan origin and associated with the celebration of the summer solstice, are marked by dancing, eating and fireworks.

Cooking a Portuguese meal

Potted leg of Lamb, Tavira Style

Ingredients:

Serves 4

1 . 2 kg of leg of lamb ;
100ml of olive oil ;
4 cloves of garlic ;
1 bunch of parsley ;
50 grs of butter ;
100 grs of lard ;
100ml of vinegar ;
250ml of dry white wine ;
6 peppercorns ;
4 cloves ;
800 grs of potatoes ;
2 bay leaves ;
paprika to taste ;
kitchen salt to taste ;
Water

Preparation:

Clean the leg of lamb of all fat, skin and ink. Peel the garlic and crush it with kitchen salt and a little olive oil. Add the paprika and white wine and combine. Spread the resulting mixture over the leg of lamb. In an earthenware pot place the parsley, bay leaves, peppercorns, cloves, vinegar, the rest of the white wine, butter, lard and a little water. Stir these ingredients carefully. Then place the leg of lamb in the pot and let it marinate in the mixture for 3 to 4 hours. Cover the pot and put it in the oven to stew. Wash, peel and quarter the potatoes. When the lamb is almost ready, add the potatoes. Keep the pot covered until the potatoes are cooked. Correct the seasoning to taste and sprinkle with chopped parsley.

Portuguese Orange Cake

Serves 12

2 cups Sugar
6 large Eggs
2 $\frac{1}{4}$ cups Flour
2 teaspoons of Baking powder
 $\frac{1}{2}$ cup Milk
 $\frac{1}{4}$ cup Orange rind; grated
Cinnamon
Powdered sugar

Melt butter in microwave for 50 seconds on high. Beat sugar and eggs until smooth, for about 1 1/2 minutes. Blend in melted butter.

Sift together flour and baking powder. Add flour mixture alternately with milk to the egg mixture. Stir in grated orange rind. Bake in greased bundt pan at 350 degrees (gas mark 6) for 40 minutes or until a toothpick inserted in centre comes out clean.

Cool and sprinkle with cinnamon or confectioners sugar.

Keen to find out more
(some useful phone numbers and web-
sites)?

Key Stone Trust 01842 754 639

www.keystonetrust.org.uk

Norfolk and Norwich Racial Equality Council - 01603
611644

www.nnrec.org.uk

www.learningportuguese.co.uk

www.norwichdining.com/portuguese-restaurants



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