

# *Peace Corps*

## *Introduction To Pulaar Mauritania*



## **P.DOT – Pulaar Lessons**

**Lesson 1: The Alphabet**

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## Lesson 1: The Alphabet

<b>Pulaar Alphabet</b>	<b>Pronounced as in</b>
<b>i</b>	<b>Kit</b>
<b>e</b>	<b>Met</b>
<b>a</b>	<b>Bat</b>
<b>o</b>	<b>Dot</b>
<b>u</b>	<b>Book</b>
<b>ii</b>	<b>Meat</b>
<b>ee</b>	<b>Fair</b>
<b>aa</b>	<b>Far</b>
<b>oo</b>	<b>Boy</b>
<b>uu</b>	<b>Food</b>
<b>b</b>	<b>Bad</b>
<b>β</b>	<b>No equivalent</b>
<b>c</b>	<b>Chair</b>
<b>d</b>	<b>Door</b>
<b>d<sup>f</sup></b>	<b>No equivalent</b>
<b>f</b>	<b>Father</b>
<b>g</b>	<b>Good</b>
<b>h</b>	<b>Hard</b>
<b>j</b>	<b>Job</b>
<b>k</b>	<b>Kit</b>
<b>l</b>	<b>Like</b>

<b>m</b>	<b>Mother</b>
<b>n</b>	<b>Noon</b>
<b>ñ</b>	<b>No equivalent</b>
<b>ŋ</b>	<b>Sing</b>
<b>p</b>	<b>Part</b>
<b>r</b>	<b>Rice</b>
<b>s</b>	<b>Sit</b>
<b>t</b>	<b>Talk</b>
<b>w</b>	<b>Word</b>
<b>y</b>	<b>You</b>
<b>y'</b>	<b>No equivalent</b>
<b>mb</b>	<b>No equivalent</b>
<b>nd</b>	<b>No equivalent</b>
<b>ng</b>	<b>No equivalent</b>
<b>nj</b>	<b>No equivalent</b>

## Lesson 2: Vocabulary 1

<b>Mi</b>	<b>I</b>
<b>A</b>	<b>You</b>
<b>O</b>	<b>He or She</b>
<b>En</b>	<b>We (including the person to whom we speak)</b>
<b>Min</b>	<b>We (excluding the person to whom we speak)</b>
<b>On</b>	<b>You</b>
<b>Be</b>	<b>They</b>
<b>Debbo</b>	<b>A woman</b>
<b>Rewbe</b>	<b>Women</b>
<b>Gorko</b>	<b>A man</b>
<b>Worbe</b>	<b>Men</b>
<b>Mboomri</b>	<b>A girl</b>
<b>Boomi</b>	<b>Girls</b>
<b>Suka gorko</b>	<b>A boy</b>
<b>Sukaabe worbe</b>	<b>Boys</b>
<b>Cukalel</b>	<b>A child</b>
<b>Sukaabe</b>	<b>Children</b>
<b>Besngu</b>	<b>A family</b>
<b>Yumiraado</b>	<b>Mother</b>
<b>Baabiraado</b>	<b>Father</b>
<b>Jom suudu</b>	<b>Wife</b>

<b>Jom galle</b>	<b>Husband</b>
<b>Mawniraado debbo</b>	<b>Elder sister</b>
<b>Miñiraado debbo</b>	<b>Younger sister</b>
<b>Mawniraado gorko</b>	<b>Elder brother</b>
<b>Miñiraado gorko</b>	<b>Younger brother</b>
<b>Subaka</b>	<b>Morning</b>
<b>Naange-hoore</b>	<b>Noon</b>
<b>kikiide</b>	<b>Afternoon</b>
<b>Jamma</b>	<b>Night</b>
<b>Kacitaari</b>	<b>Breakfast</b>
<b>Bottaari</b>	<b>Lunch</b>
<b>Hiraande</b>	<b>Dinner</b>

### Lesson 3: Greetings

<b>Assalaa Maaleykum</b>	<b>Peace be upon you (use at any time of the day)</b>
<b>Maaleykum Salaam</b>	<b>And on you, too (reply to the above greeting)</b>
<b>Jam waali</b>	<b>Good morning</b>
<b>Jam ñalli</b>	<b>Good afternoon</b>
<b>Jam hiiri</b>	<b>Good evening</b>
<b>On ngonni e jam?</b>	<b>Are you in peace?</b>
<b>Jam tan</b>	<b>Peace only</b>
<b>No mbaɗ-ɗaa?</b>	<b>How are you?</b>
<b>Ko mawɗum</b>	<b>I am fine</b>
<b>No besngu maa wadɗi?</b>	<b>How is the family?</b>
<b>Ebe e jam</b>	<b>They are fine</b>
<b>No mbaɗ-ɗaa e liggeey?</b>	<b>How is the work?</b>
<b>Jam tan</b>	<b>It is fine</b>
<b>No mbaɗ-ɗaa e tampere?</b>	<b>How are you with tiredness?</b>
<b>Ko mawɗum</b>	<b>I am fine</b>
<b>No Mary wadɗi?</b>	<b>How is Mary?</b>
<b>Omo e jam</b>	<b>Mary is fine</b>
<b>No sukaaɓe maa mbaɗɗi?</b>	<b>How are your children?</b>
<b>Ebe e jam</b>	<b>They are fine</b>
<b>Bismilla!</b>	<b>Welcome!</b>
<b>Mba!</b>	<b>Thank you!</b>

**Lesson 4: Numbers – Counting 1 to 20**

<b>Goo</b>	<b>One</b>
<b>Didi</b>	<b>Two</b>
<b>Tati</b>	<b>Three</b>
<b>Nayi</b>	<b>Four</b>
<b>Joyi</b>	<b>Five</b>
<b>Jeegom</b>	<b>Six</b>
<b>Jeedifi</b>	<b>Seven</b>
<b>Jeetati</b>	<b>Eight</b>
<b>Jeenayi</b>	<b>Nine</b>
<b>Sappo</b>	<b>Ten</b>
<b>Sappo e goo</b>	<b>Eleven</b>
<b>Sappo e didi</b>	<b>Twelve</b>
<b>Sappo e tati</b>	<b>Thirteen</b>
<b>Sappo e nayi</b>	<b>Fourteen</b>
<b>Sappo e joyi</b>	<b>Fifteen</b>
<b>Sappo e jeegom</b>	<b>Sixteen</b>
<b>Sappo e jeedifi</b>	<b>Seventeen</b>
<b>Sappo e jeetati</b>	<b>Eighteen</b>
<b>Sappo e jeenayi</b>	<b>Nineteen</b>
<b>Noogaas</b>	<b>Twenty</b>

### Lesson 5: Vocabulary 2 (Common Objects)

<b>Taabal</b>	<b>A table</b>
<b>Siis</b>	<b>A chair</b>
<b>Damal</b>	<b>A door</b>
<b>Falanteere</b>	<b>A window</b>
<b>Bindirgal</b>	<b>A pen</b>
<b>Kiriyonj</b>	<b>A pencil</b>
<b>Kayee</b>	<b>A notebook</b>
<b>Deftere</b>	<b>A book</b>
<b>Sakkoos</b>	<b>A bag</b>
<b>Keree</b>	<b>Chalk</b>
<b>Tabloo</b>	<b>Chalk board</b>
<b>Palaat</b>	<b>A plate</b>
<b>Kuddu</b>	<b>A spoon</b>
<b>Laḅi</b>	<b>A knife</b>
<b>Pitirgal</b>	<b>A broom</b>
<b>Ndadudi</b>	<b>A bed</b>
<b>Mbajju</b>	<b>A blanket</b>
<b>Darap</b>	<b>A bed sheet</b>
<b>Leeso</b>	<b>A mat</b>
<b>Comci</b>	<b>Clothes</b>
<b>Simis</b>	<b>A shirt</b>
<b>Tuuba</b>	<b>Pants</b>

<b>Pade</b>	<b>Shoes</b>
<b>Welo</b>	<b>Bike</b>
<b>Lone</b>	<b>Eye glasses</b>
<b>Ndiyam</b>	<b>Water</b>
<b>Ataaye</b>	<b>Tea</b>
<b>Kafe</b>	<b>Coffee</b>
<b>Kosam</b>	<b>Milk</b>
<b>Suukara</b>	<b>Sugar</b>
<b>Lamdām</b>	<b>Salt</b>
<b>Maaro</b>	<b>Rice</b>
<b>Liingu</b>	<b>Fish</b>
<b>Teew</b>	<b>Meat</b>

**Lesson 6: Vocabulay 3 (Names of Places)**

<b>Ekkol</b>	<b>School</b>
<b>Kalaas</b>	<b>Classroom</b>
<b>Taarodde</b>	<b>Toilet</b>
<b>Defnirde</b>	<b>Kitchen</b>
<b>Caali</b>	<b>Hangar (Straw roof that you sit under)</b>
<b>Galle</b>	<b>House</b>
<b>Suudu</b>	<b>Room</b>
<b>Tilliisa</b>	<b>Tent</b>
<b>Dispaaseer</b>	<b>Dispensary</b>
<b>Jeere</b>	<b>Market</b>
<b>Bitik</b>	<b>Shop</b>
<b>Biro</b>	<b>Office</b>
<b>Maayo</b>	<b>River</b>
<b>Woyndu</b>	<b>A well</b>
<b>Pompe</b>	<b>Pump</b>
<b>Sardiŋe</b>	<b>Garden</b>
<b>Ngesa</b>	<b>Field</b>
<b>Nokku liggordo</b>	<b>Working place</b>
<b>Jamaa</b>	<b>Mosque</b>
<b>Baŋke</b>	<b>Bank</b>
<b>Gaaraas</b>	<b>Bus station</b>
<b>Boowal laaŋe diwooje</b>	<b>Airport</b>

### Lesson 7: Days of the Week and Some Expressions of Time

<b>Altine</b>	<b>Monday</b>
<b>Talaata</b>	<b>Tuesday</b>
<b>Alarba</b>	<b>Wednesday</b>
<b>Alkamisa</b>	<b>Thursday</b>
<b>Aljumaa</b>	<b>Friday</b>
<b>Aset</b>	<b>Saturday</b>
<b>Alet</b>	<b>Sunday</b>
<b>Ñalawma fof</b>	<b>Every day</b>
<b>Subaka fof</b>	<b>Every morning</b>
<b>Kikiide fof</b>	<b>Every afternoon</b>
<b>Jamma fof</b>	<b>Every night</b>
<b>Altine fof</b>	<b>Every Monday</b>
<b>Aljumaa fof</b>	<b>Every Friday</b>
<b>Ñalawma</b>	<b>Day</b>
<b>Yontere</b>	<b>Week</b>
<b>Lewru</b>	<b>Month</b>
<b>Hitaande</b>	<b>Year</b>
<b>Yontere fof</b>	<b>Every week</b>
<b>Lewru fof</b>	<b>Every month</b>
<b>Hitaande fof</b>	<b>Every year</b>

## Lesson 8: Introducing Self/Someone

<b>Mbiyete-mi ko Kalidou</b>	<b>My name is Kalidou</b>
<b>Yettoode am ko Sall</b>	<b>My last name is Sall</b>
<b>Hol no mbiyete-ɗaa?</b>	<b>What's your name?</b>
<b>Hol yettoode maa?</b>	<b>What's your last name?</b>
<b>Njeyaa-mi ko Moritani</b>	<b>I am from Mauritania</b>
<b>Jom suudu am jeyaa ko Moritani</b>	<b>My wife is from Mauritania</b>
<b>Holto njeye-ɗaa?</b>	<b>Where are you from?</b>
<b>Holto jom suudu maa jeyaa?</b>	<b>Where is your wife from?</b>
<b>Holto o jeyaa?</b>	<b>Where is she from?</b>
<b>Holto o jeyaa?</b>	<b>Where is he from?</b>
<b>Innde makko ko John</b>	<b>His name is John</b>
<b>Yettoode makko ko Hogan</b>	<b>His last name is Hogan</b>
<b>John jeyaaka Moritani. O jeyaa ko Amerik</b>	<b>John is not from Mauritania. He is from America</b>
<b>Njeye-ɗaa ko Amerik?</b>	<b>Are you from America?</b>
<b>Alaa, mi jeyaaka Amerik</b>	<b>No, I am not from America.</b>
<b>Njeye-ɗaa ko Moritani?</b>	<b>Are you from Mauritania?</b>
<b>Eey, njeyaa-mi ko Moritani</b>	<b>Yes, I am from Mauritania</b>
<b>Ko mi jaŋnginoowo</b>	<b>I am a teacher</b>
<b>Jom suudu am wonaa jaŋnginoowo</b>	<b>My wife is not a teacher</b>
<b>John ko wolonteer</b>	<b>John is a volunteer</b>
<b>Jom suudu makko wona wolonteer</b>	<b>His wife is not a volunteer</b>
<b>Jom suudu John ko doktoor</b>	<b>John's wife is a doctor</b>

### Lesson 9: Leave-taking Expressions

<b>Ngonen e jam!</b>	<b>Good-bye!</b>
<b>Njiiden e jam!</b>	<b>See you!</b>
<b>Nallen e jam</b>	<b>Have a good day</b>
<b>Mbaalen e jam</b>	<b>Have a good night</b>
<b>Yo Alla rokku-en waalde e jam</b>	<b>May we have a good night</b>
<b>Yo jam booy</b>	<b>Stay in peace</b>
<b>Aamin!</b>	<b>Amen!</b>
<b>Haa jaŋgo subaka</b>	<b>See you in the morning</b>
<b>Haa kikiide</b>	<b>See you in the afternoon</b>
<b>Hedde naange-hoore</b>	<b>See you around noon</b>
<b>Haa jamma</b>	<b>See you in the evening</b>
<b>Haa jaŋgo</b>	<b>See you tomorrow</b>
<b>Do e booyde</b>	<b>See you soon</b>
<b>Do e yeeso</b>	<b>See you later</b>

## Lesson 10: Some Useful Expressions & Phrases

<b>Mi tampii</b>	<b>I am tired</b>
<b>Mi ŋoŋii</b>	<b>I am sleepy</b>
<b>Mi heydi</b>	<b>I am hungry</b>
<b>Mi heydaani</b>	<b>I am not hungry</b>
<b>Mi domdii</b>	<b>I am thirsty</b>
<b>Mi domdaani</b>	<b>I am not thirsty</b>
<b>Ina wuli</b>	<b>It's hot</b>
<b>Wulaani</b>	<b>It's not hot</b>
<b>Ina jaangi</b>	<b>It's cold</b>
<b>Jaangaani</b>	<b>It's not cold</b>
<b>Yaaf-mi</b>	<b>Excuse me</b>
<b>A yaafaama</b>	<b>You are excused</b>
<b>Holto paada?</b>	<b>Where are you going?</b>
<b>Paa-mi ko galle</b>	<b>I am going home</b>
<b>Paa-mi ko ekkol</b>	<b>I am going to school</b>
<b>John nana yaha jeere</b>	<b>John is going to the market</b>
<b>Omo na yaha jeere</b>	<b>He is going to the shop</b>
<b>Mi yahaani biro</b>	<b>I'm not going to the office</b>
<b>Aɗa nana Pulaar?</b>	<b>Do you speak Pulaar?</b>
<b>Eey mbede nana Pulaar seeɗa</b>	<b>Yes, I speak Pulaar a little bit</b>
<b>John nanataa Pulaar</b>	<b>John doesn't speak Pulaar</b>
<b>Mi yiɗa Farayse</b>	<b>I don't like French</b>

<b>Mi yidaa kafe</b>	<b>I don't like coffee</b>
<b>Jennifer ina yidɩ Pulaar</b>	<b>Jennifer likes Pulaar</b>
<b>Mbede jaŋga</b>	<b>I study</b>
<b>Mbede ñaama</b>	<b>I eat</b>
<b>Mbede liggo</b>	<b>I work</b>
<b>O jaŋgataa</b>	<b>He doesn't study</b>
<b>O ñaamataa</b>	<b>He doesn't eat</b>
<b>Be liggotaako</b>	<b>They don't work</b>
<b>Mbede ɗaano seeda</b>	<b>I am having some sleep</b>
<b>Mi liggotaako jooni</b>	<b>I don't work now</b>
<b>Mbede yidɩ fooftaade</b>	<b>I want to rest</b>