

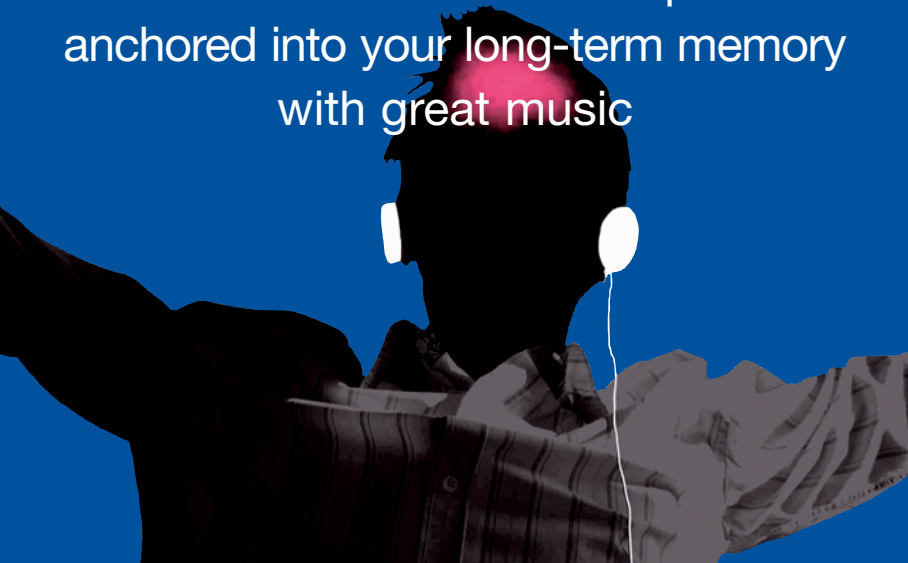
earworms^{mbt™}
Musical Brain Trainer



Rapid Russian

Vol. 1

200+ essential words and phrases
anchored into your long-term memory
with great music



Your personal audio language trainer

Phrase Book



Your personal audio language trainer

earworms mbt™ Rapid Russian puts the words and phrases you need not just on the tip of your tongue, but also transports them deep into your long-term memory.

Simply by listening to these specially composed melodies with their rhythmic repetitions of Russian and English a few times, the sound patterns are indelibly burned into your auditory cortex. You will have successfully learned the Russian phrase and have the correct accent ringing in your ears. Wherever you are, whatever you are doing: While jogging, in the car, in the bath, doing the ironing ...you can be learning Russian at the same time!

earworms mbt™ Rapid Languages is the first language course to get your toe tapping.

You know the phenomena of those catchy tunes or earworms that you just can't get out of your head? Voulez-vous coucher avec moi, ce soir? Well, earworms mbt™ has put this phenomena to positive use. Gone are the days of learning pressure and frustration at not being able to remember, the experience of many on conventional language courses. In combination with music, the phrases you need are automatically anchored deep into your memory, ready for instant recall.

Music is the Key

The idea is as simple as it is old. Before the age of writing, ancient historical events were recorded in verse and song form for easy memorisation. In his book 'Songlines' Bruce Chatwin describes how the Australian Aborigines were able to navigate their way across hundreds of miles of desert to their ancestral hunting grounds without maps. And how? The extensive lyrics of their traditional songs were exact descriptions of the routes!

Rhythm and words i.e. song and verse have always been a very powerful memory aid, and this is supported by recent scientific research. The advertising industry knows only too well how powerful music can be in getting the message across with brainwashing-like jingles and soundbites.

It really works!

Developed and used over years in the classroom, earworms mbt™ Rapid Languages has shown phenomenal success. In tests pupils using this technique regularly get average marks of over 90% compared to less than 50% with conventional book based learning.

Why hasn't music been used more in education up to now? Imagine kids at school getting a CD of hip hop songs with all the historical dates they have to learn, or all the irregular verbs they have to learn! Wouldn't that make their (and teachers') school lives much easier, much more fun, much more successful?

What you get

This volume deals with the essentials for your visit abroad. It looks at typical situations: taking a taxi, at the hotel, at the restaurant, requesting, polite phrases, finding your way, numbers, dealing with problems and so on. Volume 2 will have you talking about yourself and others, past, present and future, likes and dislikes and general conversational items. The themes follow closely the Common European Framework for language learning, a recognised benchmark of language proficiency, and the emphasis is constantly on usefulness to the learner.

Cyrillic

This booklet contains all of the words and phrases spoken on the CD, both English and Russian, plus the sounds of the words. The Russian alphabet 'Cyrillic' looks a bit daunting at first, but after listening while comparing the phonetic script with the original text, you will soon find that you have 'cracked the code'.

Just look for a moment at these words from track one:

Coffee: kofye = кофе.

To decipher this you only need to know that: ф=f, е=ye

Thanks: Spaseeba = Спасибо. С=S, п=p, а=a, с=s, и=ee, б=b, о=o or a (or a mixture of both).

How to use earworms: Don't think, just listen!

Sit back, relax and groove along to the melodies without trying to listen too hard. Treat them as songs you hear on the radio. Our recommendation is that you do familiarise yourself with the written words in the booklet - at least the first time you listen.

After listening several times, playfully test yourself - cover up the English side of the phrase book and see how many words and phrases you remember!

Lastly - a word of thanks

The earworms team would like to thank you for putting your trust in our 'slightly different' learning concept and are sure that you will have the success that many others have already had. It's motivating to know that learners are really benefiting from our research and development. Also, as accelerated learning is a rapidly growing field, we look forward to hearing your experiences and successes - so feel free to visit us on the website:

www.earwormslearning.com

1. I'd like...

I'd like a coffee.	Ya hachoo kofye.* Я хочу кофе.
I'd like... (I want...)	Ya hachoo... Я хочу...
I	Ya я
coffee	kofye кофе
with milk	s'malakom с молоком
with	s' с
please	pashalooista пожалуйста
I'd like a coffee with milk, please.	Ya hachoo kofye s'malakom, pashalooista. Я хочу кофе с молоком, пожалуйста.
a tea	chai чай
a tea with lemon	chai s' limonom чай с лимоном
with lemon	s' limonom с лимоном
and sugar	ee saharam и сахаром
and	ee и
Very good.	Ochen harasho. Очень хорошо.
a beer	peeve (sounds like beeva) пиво
For me - please - beer.	Mnye - pashalooista - peeve. Мне - пожалуйста - пива.
For me...	Mnye... Мне...
Bring me - please - beer.	Prinyeseetye - mnye - pashalooista - peeve. Принесите мне пожалуйста пива.
Bring me...	Prinyeseetya mnye... Принесите мне...
water	va-dui воды
Thank you.	Spasiba. Спасибо.

*You can also say 'Ya hatyel bui'. я хотел бы.

2. To order

to order	zakazat' ^{**} заказать
I would like - to order.	Ya hachoo - zakazat'. Я хочу заказать.
I would like to order wine.	Ya hachoo zakazat' vinor. Я хочу заказать вино.
red wine	krasnaye vinor красное вино
white wine	bilayer vinor белое вино
For me - please - red wine.	Mnye - pashalooista - krasnaye vinor. Мне - пожалуйста - красное вино.
I'd like (want) - red wine.	Ya hachoo - krasnaye vinor. Я хочу - красное вино.
sparkling wine	shipoochyeye vinor шипучее вино
a carafe - of wine	grafin - vinar графин - вина
a bottle - of wine	bootilkoo - vinar бутылку - вина
a bottle of water	bootilkoo va-dui бутылку воды
And vodka?	Ee vodkoo? И водку?
a small measure - of vodka	rioomkoo - vodki рюмку - водки
Cheers! Lit.: To - health!	Na - zda'rovyel На - здоровье!
more bread	yeshor hleba ещё хлеба
more	yeshor ещё
a salad	salat салат
a vegetable salad i.e. a mixed salad	avashnoi salat овощной салат
red caviar	krasnaya ikra красная икра

Cyrillic pronunciation guide:

з=z, Я=Ya, х=h, ч=ch, у=oo, в=v, и=i, н=n, п=p, ж=sh, л=L, й=i, р=r, е=ye
 *The word заказать (sakazat') has a 'b' after the 't' at the end, which has the effect of softening the 't'. The sound is something like: "tss"



3. Have you got...?

Have you got...? Lit.: With you - is there...?	Oo vas - yest'...? У вас - есть...?
a table free Lit.: free table	svobodnee stolik свободный столик
a table	stolik столик
Yes, of course.	Da, kanyeshna. Да, конечно.
No, sorry. Lit.: No, great pity.	Nyet, ochyen shal. Нет, очень жаль.
Waiter!	Offisiant! Официант!
Bring - please - the menu.	Prinyeseyte - pashalooista - menioo. Принесите - пожалуйста - меню.
What - are we - drinking?	Shto - boodyem - peet'? Что - будем - пить?
What...?	Shto...? Что...?
we	boodyem будем
drinking	peet' пить
(You) want - to order?	(Vui) hateetye - sakasat'? (Вы) хотите - заказать?
Everything OK?	Vser normalna? Всё нормально?
Bon appetite – enjoy!	Priyatnava appetita! Приятного аппетита!
The bill, please.	Shert, pashalooista. Счёт, пожалуйста.
Can one pay by credit card?	Moshna plateet' po creditnoy cartachkye? Можно платить по кредитной карточке?
Can one...?	Moshna...? Можно...?
pay	plateet' платить
by credit card	po(a) creditnoy cartachkye по кредитной карточке
Yes, of course.	Da, kanyeshna. Да, конечно.
Many thanks. / Thank you very much.	Bolshoye spasiba. Большое спасибо.

4. To the airport

To the city centre, please.	V zentr, pashalooista. В центр, пожалуйста.
To the airport.	V aeroport. В аэропорт.
How much? (Does it cost?)	Skolka stoit? Сколько стоит?
To this address.	Pa etomu adriesoo. По этому адресу.
To the shopping centre.	K univermagoo. К универмагу.
How much - to pay? i.e. How much is it?	Skolka - plateet'? Сколько - платить?
Keep the change. Lit.: The rest for tea.	Astavtye na chai. Оставьте на чай.

Buying tickets

Where - can one - buy - tickets?	G'dyeer-moshna-kooppeet'-bilyetey? Где - можно - купить - билеты?
Where...?	G'dyeer...? Где...?
can one (can I)	moshna можно
buy	kooppeet' купить
tickets	bilyetey билеты
I'd like a ticket to St. Petersburg.	Ya hachoo - bilyet - doh - Sankt Peeterboorga. Я хочу - билет - до - Санкт - Петербурга.
I'd like...	Ya hachoo... Я хочу...
a ticket to	biliyet do билет до
St. Petersburg	Sankt Peeterboorga Санкт Петербурга
There - and - back.	Tooda - ee - abratna. Туда - и - обратно.
100 Rubels.	Stoa rooblei. сто рублей.
Platform 3.	Platforma dree. Платформа три.
Pleasant journey.	Shastleevova pootee. Счастливого пути.



5. Numbers, days & time

Number	Russian	Memory hooks*
1	adin (or adgin) один	a gin = one gin
2	d'va два	d'vide into two
3	dree три	three with a 'd'
4	chetirye четыре	4 bowls of chips in a cafeteria
5	pyat' (or pyatch) пять	5 peaches
6	shest' шесть	' 6 ' painted on a chest!
7	siem' семь	7777777 all the same
8	voicyem' восемь	8 voices in an a cappella group
9	dyevyat' девять	David , the boy with No. 9 on his football shirt
10	dyesyat' десять	decimal . sounds like: D'ye'sit? (Do you sit?)
11	adin-ad-zat' одиннадцать	
12	d'ven-ad-zat' двенадцать	
15	pyatnad-zat' пятнадцать	
20	d'va-dzat' двадцать	
25	d'vadzat' - pyat' Двадцать пять	
30	dree-dzat' тридцать	
40	sorok сорок	
45	sorok pyat' сорок пять	
50	pyat'-dyesyat пятьдесят	

*Memory hooks

To jog your memory it is often helpful to try to associate the sounds of the words with other familiar words and visual images. We have thought up some associations to help you to remember numbers, but the same technique can be used to memorise any vocabulary.

Also note that the numbers from 10 on end in 'ad-zat' or 'nad-zat'. Think of these as: 'and ten' to help you to remember that these numbers are in the teens.

Hours and minutes

5 o'clock	pyat' chasov пять часов
6 o'clock	shest chasov шесть часов
7.15 Lit.: 7 o'clock 15 minutes	siem chasov pyatnadzat minoot семь часов пятнадцать минут
9.20	dyevyat chasov d'va-dzat minoot девять часов двадцать минут
10.45	dyesyat chasov sorok pyatch minoot десять часов сорок пять минут

There is another way of telling the time, which for native English speakers is a bit more complicated. Half past two is 'half of the third hour' for example. For now, let's just keep to hours and minutes.

Now you try reading the Cyrillic and filling in the gaps:

9 o'clock	dyevyat' девять часов
7 o'clock chasov семь часов
8.15 Lit.:8 o'clock 15 minutes	voicyem' pyatnadzat' восемь часов пятнадцать минут
2.45	d'va chet' pyat' minoot два часов сорок пять минут

The days of the week

Monday	banyedyelnik понедельник
Tuesday	vtornik вторник
Wednesday	srieda среда
Thursday	chetvirg четверг
Friday	pyatnitsa пятница
Saturday	soobborta суббота
Sunday	vaskresinye воскресенье



6. Where is there...?

Excuse me, please.	Isvinitye, pashalooista. Извините пожалуйста.
Excuse me.	Isvinitye. Извините.
Where - is there - not far - a bank?	G'dyeer - yest - neardaleko - bunk? Где - есть - недалеко - банк?
Where is there...?	G'dyeer - yest...? Где - есть...?
not far	neardaleko недалеко
To ... is it not far?	Doh... neardaleko? До... недалеко?
To the supermarket - not far?	Doh supermarketa - neardaleko? До супермаркета - недалеко ?
To a cash machine (ATM) - not far?	Doh bankamata - neardaleko? До банкомата ...недалеко ?
cash machine (ATM)	bankamata банкомата
To - a pharmacy/chemist's	Doh - apteki До - аптекаи
To - a hospital	Doh - balnyitsi До - больницы
Where is there not far a hospital?	G'dyeer yest neardaleko balnyitsa? Где есть недалеко больница?
nearby	pablizasti пблизости
Where is there nearby - a toilet?	G'dyeer yest pablizasti - tooalyet? Где есть поблизости - туалет?
Where is there nearby a - post office?	G'dyeer yest pablizasti - pochta? Где есть поблизости - почта?
I'm sorry, I don't know.	Mnye ochen' shal, ya nea znaioo. Мне очень жаль, я не знаю.
I know.	Ya znaioo. Я знаю.
Yes, it's there.	Da, eta tam. Да, это там.
Many thanks.	Bolshoye spasiba. Большое спасибо.
Don't mention it. Lit.: Nothing for that.	Nea za shta. Не за что.

Cyrillic pronunciation guide:

Г=G, д=d, б=b, ю=iou, ш=sh, о=o (but often sounds more like an 'a')

How often do I have to listen to the earworms CD before I can really remember all the language on it?

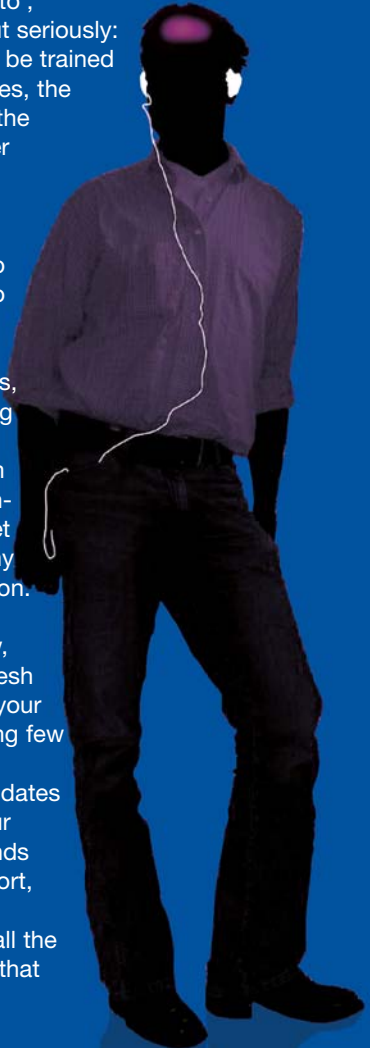
With the appeal of the earworms songs we hope that it is not a question of 'having to', it is rather a question of 'wanting to'. But seriously: the memory is like a muscle, it needs to be trained and exercised. Based on scientific studies, the ideal is listening relatively intensively at the beginning (the learning phase), thereafter listening periodically to review what you have learnt and refresh your memory.

In practical terms this means listening to the whole album the first day, in order to 'tune your ear in' to the sounds of the language. Then listen regularly, several times, over a period of one or two weeks, making sure that you listen to every song equally as many times. While listening, actually speak the words out loud, when you can, to get a feeling for their pronunciation. After this, go through the booklet and test your knowledge, picking out any gaps that you may wish to concentrate on.

Lastly, the review phase. As we all know, memories fade, so it is important to refresh your memory by listening to the CD at your leisure, say, once a week for the following few weeks. Thereafter, monthly.

This review phase is crucial as it consolidates your knowledge and transfers it into your long-term memory. Although this demands self-discipline, it is of course without effort, as you are only listening to songs.

The result is that you will be able to recall the words and phrases with the same ease that you remember your telephone number!



7. Directions

Excuse me, please.	Isvinitye, pashalooista. Извините, пожалуйста.
I'm looking for the train to Moscow.	Ya ishoo poezd na Moskvoov. Я ищу поезд на Москву.
I'm looking for...	Ya ishoo... Я ищу...
the train	poezd поезд
to Moscow	na Moskvoov На Москву
I'm looking for Red Square.	Ya ishoo krasnoyioo ploshad'. Я ищу красную площадь.
bus stop	avtoboosnooioo - astanovkoo Автобусную остановку
Can you tell me how to get to...? Lit.: You can me tell how to get to...?	
You can - me tell...?	Vui morshyetye - mnye skizat'...? Вы можете - мне сказать...?
how - to get - to...?	kaak - dabratsa - doa...? как - добраться - до...?
by bus	avtoboosam автобусом
by car	mashinay машиной
on foot	pishkom пешком
Go straight on. Lit.: Go - straight.	Iditye - pryama. Идите - прямо.
Turn (to the) right.	Pavyerneetye (na) prava. Поверните (на) право.
To the left.	Na lyeva. На лево.
Is it - far?	Eta - dalekoa? Это - далеко ?
Not far.	Neardalekoa. Недалеко.
Approximately one kilometre.	Primyerna adin kilameatrr. Примерно один километр.
It's best - by bus.	Loochshye - avtoboosam. Лучше - автобусом.
Many thanks.	Bolshoye spasiba. Большое спасибо.

8. Where, when, what time?

What time...?	Vo skolka...? Во сколько...?
When...?	Kagda...? Когда...?
Where...?	G'dyeer...? Где...?
Where (is) your baggage?	G'dyeer vash bagash? Где Ваш багаж?
your	vash ваш
my baggage	moi bagash мой багаж
My baggage is there.	Moi bagash tam. Мой багаж там.
our baggage	nash bagash наш багаж
Where is my room?	G'dyeer maya komnata? Где моя комната?
Your room is on the second floor. Lit.: Your room - on - second floor.	Vasha komnata - na - vtarom etage. Ваша комната - на - втором этаже.
your room	vasha komnata ваша комната
on	na на
second - floor	vtarom - etage втором - этаже
on first floor (i.e ground floor in UK)	na pyervam etage на первом этаже
What time is breakfast?	Vo skolka zavtrak? Во сколько завтрак?
breakfast	zavtrak Завтрак
from 7...	s' semi... с семи...
to 10 o'clock	doa deseti До десяти
from... to ...	s'...doa... с...до...
Have you got a lift?	Oo vas yest leeft? У вас есть лифт?
Yes, it's over there.	Da, eta tam. Да, это там.



9. Problems, problems!

I have - a problem. Lit.: With me - a problem.	Oo menya - problema. У меня - проблема.
Can you - help me? Lit.: Can you - me help?	Morshetsye - menye pomoch? Можете - мне помочь?
I have lost - my key.	Ya pateryal - moi klyuch. Я потерял - мой ключ.
I have lost...(a man says)	Ya pateryal... Я потерял...
I have lost...(a woman says)	Ya pateryala... Я потеряла...
my passport	moi pasport мой паспорт
my wallet	moi koshelok мой кошелёк
Is this it? (Is this the one?)	Eta on? Это он?
Yes, it's mine.	Da, eto moi. Да, это мой.
No, it's not mine.	Nyet, eto nea moi. Нет, это не мой.
I need...	Mnye nooshen... Мне нужен...
plasters (USA: Band-Aid)	plastir' пластырь
Aspirin	aspirin аспирин
I need - a doctor.	Mnye nooshen - doctor. Мне нужен - доктор.
I need something against...	Mnye nooshna shto-ta ot... Мне нужно что-то от...
something against	shto-ta ot Что-то от
stomach ache Lit.: pains - of - the stomach	boli - v - shivatye Боли - в - животе
headache	golavnoi boli головной боли
head	golavnoi головной

10. Do you speak English?

Good morning.	Dobroye ootro. Доброе утро.
Good afternoon.	Dobrui vyechyer. Добрый вечер.
How you doing? (informal)	Kak dela? Как дела?
Do you speak - English? Lit.: You speak - in English?	Vui govoritye - pa angleeiski? Вы говорите - по английски?
in Russian	pa rooski По русски
Excuse me, I don't speak (in) Russian.	Isvinitye, ya nea gavarioo pa rooski. Извините, я не говорю по русски.
I don't speak...	Ya nea gavarioo... Я не говорю...
My name is...	Menya zavoot... Меня зовут...
I don't understand.	Ya nea panimaioo. Я не понимаю.
I understand.	Ya panimaio. Я понимаю.
Slowly, please.	Medlinna, pashalooista. Медленно, пожалуйста.
It's difficult.	Eta troodna. Это трудно.
It's not - easy.	Eta nea - lehkoa. Это не - легко.
What's this?	Shtoa eta? Что это?
Do you - like Moscow?	Tyebie - nraivitsya Moskva? Тебе нравится Москва?
Yes, I (very much) like it.	Da, mnye (ochen) nraivitsya. Да, мне (очень) нравится.
How about a pizza?	Kak nashoort peetse? Как насчёт пиццы?
OK, why not.	Ladna, pachyemoo bui ee nyet. Ладно, почему бы и нет.
Why...?	Pachyemoo...? Почему...?
See you soon. Lit.: Until soon	Doa skorava. До скорого.
See you tomorrow. Lit.: Until tomorrow.	Doa zavtra. До завтра.
See you.	Paка. Пока.



The science behind earworms mbt™

1. How we learn

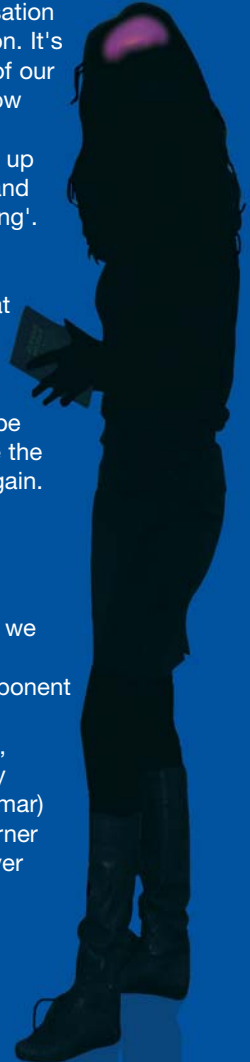
A large part of learning in general and language learning in particular is to do with the memorisation of words, facts and other significant information. It's a well-known fact that we use only a fraction of our brain power and traditional book learning is now recognised as not suiting every learner.

earworms uses simple techniques which open up and exploit more of the brain's native power, and come under the heading of 'accelerated learning'.

In a recent issue of the journal 'Nature' researchers at Dartmouth College reported that they had pinpointed the region of the brain where 'earworms' or catchy tunes reside, the auditory cortex. They found that the sounds and words that have actually been heard can be readily recalled from the auditory cortex where the brain can listen to them 'virtually' again and again.

2. What we learn

earworms mbt™ adopts the so-called lexical approach to language. In essence, this means we look at language in terms of whole meaningful chunks, then break these down into their component bite-sized, easily absorbable parts and then reconstruct them. You not only learn complete, immediately useful phrases, you also intuitively learn something about the structure (the grammar) of the language. These 'chunks' which the learner can 'mix and match', gradually build up to cover whole areas of the language.



Also available in this volume:

earworms™
Musical Brain Trainer

Rapid Italian Vol. 1

200+ essential words and phrases anchored into your long-term memory with great music

The revolutionary new learning technique effortless and enjoyable – your fast track to success!

The cover features a silhouette of a person wearing headphones against a light green background. The 'earworms' logo and a small icon of a brain with musical notes are in the top left corner.

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The Tracks:

1. I would like... 5:34
2. To order 5:30
3. Have you got...? 7:04
4. To the airport 6:20
5. Numbers, days & time 8:11
6. Where is there...? 6:21
7. Directions 7:43
8. Where & what time? 5:51
9. Problems, problems! 7:27
10. Do you speak English? 7:26

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Catalogue no. EARW 0901

Produced in the EU

