



# “Jifunze Kiingereza” Book Project from Hearts in Unity

Children in Tanzania begin to learn English when they are in third grade. But textbooks for every subject, including books to help the students learn English, are scarce in so many Tanzanian classrooms. Often, as many as 20 students must share a single textbook.

Making small Swahili/English phrase books is a wonderful project for individuals and for schools, churches, Scout Troops, 4-H Clubs, community service clubs and more. It's fun and easy!

Using pre-designed book pages available from Hearts in Unity, you decorate the front and back book covers, and then assemble the covers with the inside pages of the Swahili and English phrase book.

The books are returned to Hearts in Unity where they are then shipped to schools in Tanzania, and placed in the hands of children who are delighted to have a book of their very own to help them learn English.



## A Description of the Book

Each completed book is 5½-inch by 4¼-inch and consists of the following stapled pages:

- **1 front cover page** (printed with the words “Jifunze Kiingereza”)
- **1 back cover page** (blank paper)
- **1 dedication page** (with the words “My name is \_\_\_\_\_ I made this book for you”)
- **11 inside book pages** (printed with words and phrases in English and Swahili)
- **Clear transparency film (plastic sheet)** (over the front and back covers)

## Preparing the Book Pages

### Front Cover Page

1. Photocopy or print the front cover page (page 4 of this document) onto plain white cardstock (90 lb. or 110 lb. weight of paper preferred) or onto plain white paper
2. Cut the sheet into quarters (5½-inch by 4¼-inch size).

### Back Cover Page

1. Cut a sheet of plain white paper or plain white cardstock paper into quarters (5½-inch by 4¼-inch size).

### Dedication Page

1. Photocopy or print the dedication page (page 5 of this document) onto plain white paper (not cardstock).
2. Cut the sheet into quarters (5½-inch by 4¼-inch size).

### Inside Book Pages (with English/Swahili words/phrases)

1. Photocopy or print the inside book pages (page 6-16 of this document -- 11 pages in total) onto white or colored paper (if you use colored paper, light-colored paper is preferred)
2. Cut each sheet into quarters (5½-inch by 4¼-inch size)

### Clear Transparency Film (plastic sheets)

1. Cut an 8½-inch by 11-inch sheet of transparency film into quarters (5½-inch by 4¼-inch size).

As an alternative, you can order pre-prepared “book kits” from Hearts in Unity that will be mailed to you. A donation covers the cost of the preparation of the kits -- paper, transparency film, printing, cutting, plus shipping the covers/pages to you, and shipping the books to our Tanzania schools once you return your completed books to Hearts in Unity.

Please see the order form on page 3 of this document if you are interested in ordering the Hearts in Unity “book kits” as a way for you to get started with this amazing project to help the children of Tanzania in their education and studies.

## Decorating the Book

Cover page  
orientation →

YES

NO

### Front and Back Covers

Draw pictures/designs in the “portrait” orientation of paper as opposed to the “landscape” orientation. Draw your pictures/designs only on one side of each the front and back covers pages.

- You should try to make the book covers as colorful as possible. Colored pencils work best (markers bleed if the books get damp, and crayons leave small wax shavings). The kids in Tanzania love to see colorful pictures, just as you might want to see if you received a book made by a child on the other side of the world.
- The children in Tanzania have very few personal possessions, so it is better to NOT draw pictures of the things that are common in our culture but not theirs such as computers, cars, TV’s, video games, toys, etc.
- Good choices for pictures to draw would include:
  - **nature** – flowers, trees, rainbows, clouds, sun, rivers, mountains, etc.
  - **animals** – especially animals that the children in Tanzania are familiar with (giraffes, lions, elephants, leopards, cheetahs, cows, goats, chickens, dogs, cats, birds)
  - **people** – a drawing of you, of your family, or your friends – doing the things you like
  - **sports** – a drawing of you playing soccer (a favorite sport in Tanzania) or another sport
  - Another good idea would be to draw **colorful designs** on the front and back book cover – such as stripes, swirls, polka dots, squares, triangles, etc.

### Dedication Page

This piece of paper will be the first inside page of the book that you will be making and will let the child in Tanzania know who made the book for them. Write your first name on the line for “My name is...”

## Assembly of the Books

1. Place the book pages in the following order:
  1. One piece of transparency film
  2. One front cover page (with the words “Jifunze Kiingereza”)
  3. One dedication page (the “My name is...” page)
  4. 11 inside book pages (printed with English/Swahili words and phrases)
  5. One back cover page (be sure the colored/decorated side faces the outside of the book)
  6. One piece of transparency film
2. Tap the edges of pages on a flat surface (the side opposite of where the staples will be) so that they are even.
3. Staple the left margin of the book with 3 evenly spaced staples. Make sure the outer 2 staples are approximately ½ inch from the outer (top/bottom) edges of the book.
4. Place the book on the piece of cardboard with the front cover facing down. Using the cardboard will keep the table surface from being damaged. Using a hammer, flatten the staples (flattened staples make packing and shipment of the books easier). Alternatively, you can use a pliers to flatten the staples.
5. Affix one piece of scotch tape on the back cover of the book over all 3 staples. The ends of the tape do not need to extend to the ends of the book, but do need to fully cover the staples. If the ends of the tape do extend beyond the edges of the book, please trim with a scissors.

## Shipment of the Books to Hearts in Unity

Completed books can be shipped at any time to Hearts in Unity at the following address.

**Hearts in Unity**  
**P.O. Box 41**  
**Germantown, Wisconsin 53022 USA**

To minimize your postage costs, request the “Media Rate” from the post office when returning your books to Hearts in Unity. Once received, the books will be shipped to Seela Primary and Maring’a Juu Primary schools in Tanzania.

If you have printed/prepared your own book pages, monetary donations to help offset the cost of shipping the books to Tanzania are appreciated also (\$4 per pound covers the cost of shipment from the U.S. to Tanzania). If you would like to assist with a donation towards shipping costs, please make your check payable to “Hearts in Unity” and include it with the books sent to our Wisconsin address.

**Asante sana! Thank you for your support of the children in Tanzania through this book project.**

**Questions?** If you have any questions, please contact us by email at [hearts\\_in\\_unity@yahoo.com](mailto:hearts_in_unity@yahoo.com)



# “Jifunze Kiingereza” Book Project from Hearts in Unity

I'm interested in participating in the Hearts in Unity Book Project to help in the educational support of the children of Tanzania.

I'd like to order pre-prepared supplies to make books for the kids.

### Select the quantity of books kits you would like to order:

For example:

If you would like to order 20 book kits, each kit is \$1.00. If you would like to order 150 kits, each kit is \$0.85.

### Choose one:

- ♥ **1–25** book kits .....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$1.00** each = \$ \_\_\_\_\_
- ♥ **26–50** book kits .....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$0.95** each = \$ \_\_\_\_\_
- ♥ **51–100** book kits .....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$0.90** each = \$ \_\_\_\_\_
- ♥ **101–200** book kits .....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$0.85** each = \$ \_\_\_\_\_
- ♥ **201–500** book kits .....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$0.80** each = \$ \_\_\_\_\_
- ♥ **500 or more** book kits.....I would like to order (qty) \_\_\_\_\_ individual kits @ **\$0.75** each = \$ \_\_\_\_\_

The cost per book kit includes all pre-printed and pre-cut pages for the book (cover pages, inside book pages, transparency film), plus the cost of shipping the book kits to you, and the cost of shipping your completed books to Tanzania after you return them to Hearts in Unity.



Your First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_



Please return this “book kit” order form with your check payable to “Hearts in Unity” to:

**Hearts in Unity**  
**P.O. Box 41**  
**Germantown, Wisconsin 53022**

Karibu! Welcome to the mission of Hearts in Unity!  
Asante sana! Thank you for opening your heart to the children of Tanzania.

**JIFUNZE**  
**KIINGEREZA**

**JIFUNZE**  
**KIINGEREZA**

**JIFUNZE**  
**KIINGEREZA**

**JIFUNZE**  
**KIINGEREZA**

My name is...

Jina langu...

---

I made this book for you.

Nimetengeneza kijitabu  
hiki kwa ajili yako

My name is...

Jina langu...

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### Salamu - Greeting

1	Hujambo?	How are you?
	Hamjambo?	How are all of you?
	Sijambo	I'm fine
	Hatujambo	We're fine
	Habari?	Hello / how are you?
	Habari zenu?	How are you all?
	Habari za nyumbani?	How's everyone at home?
	Habari za kazi?	How's work?
	Habari za leo?	How is today?
	Habari za asubuhi?	How is the morning?
	Habari za mchana?	How is the afternoon?
Habari za jioni?	How is the evening?	
Jina lako nani?	What's your name?	
Jina langu ni...	My name is...	
Huyu ni....	I'd like to introduce you to... (This is...)	
Huyu ni rafiki yangu	This is my friend	
Nafurahi kukufahamu	I'm pleased to meet you	
Hodi	May I enter?	

Mambo?	How are things?	Ngoja	Wait
Vipi?	What's up?	Saidia	Help
Poa	Cool	Simama	Stop
Safi	Great	Hatari	Danger
Ni sawa	It's OK	Jihadhari	Be careful

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### Salamu - Greeting

2	Lazima niondoke sasa Nakwenda sasa	I have to leave now I am (I'm) going now
	Nitarudi baadaye Nitarudi kesho	I will come back later I will come back tomorrow
	Kwaheri	Goodbye
	Tutaonana baadaye Tutaonana hivi karibuni Tutaonana kesho	See you later See you soon See you tomorrow
	Nitakukosa	I will miss you
	Karibu tena	Come again
	Uwe na siku njema Mchana mwema Safari njema	Have a nice day Have a good afternoon Have a good trip
	Niwasiliane Nitawasiliana nawe	Keep in touch with me I will keep in touch with you
	Bahati njema	Good luck
	Baki salama	Be safe
	Nenda salama	Go in peace
	Mpaka siku nyingine	Until another day
	Nina usingizi Nimechoka Nakwenda kulala Usiku mwema Lala salama	I am (I'm) sleepy I am (I'm) tired I am (I'm) going to bed now Good night Sleep well

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3	Unasema Kiswahili?	Do you speak Swahili?
	Uaelewa?	Do you understand?
	Ndiyo, naelewa.	Yes, I understand.
	Hapana, sielewi.	No, I don't understand.
	Nasema Kiswahili.	I speak Swahili.
	Unatamkaje?	How do you pronounce this?
	Unaandikaje "thanks"?	How do you write "thanks"?
	Tafadhali ...?	Please...?
	...sema tena	...repeat that
	...sema pole pole	...speak more slowly
	...andika	...write it
	(Soko) liko wapi?	Where's the (market)?
	Nitafikaje?	How do I get there?
	Ni umbali gani?	How far is it?
	Nataka kununua....	I want to buy a/an....
	Kuna....	Do you have....
	Ni bei gani?	How much is it?
	Ni shilling (mia tano)	It is (it's) (500) shillings
	Ni ghali mno	That's too expensive
	Naomba upunguze bei?	Can you lower the price?
	Kuna rahisi zaidi?	Do you have something cheaper?
	Nitakupa (shilling 500).	I'll give you (500 shillings)
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4	Una njaa / kiuu?	Are you hungry / thirsty?
	Nina njaa / kiuu (sana)	I am (very) hungry/thirsty
	Tuna njaa (sana)	We are (very) hungry
	Mimi naona njaa / kiuu	I feel hungry / thirsty
	Hapana, sina njaa / kiuu	No, I'm not hungry/thirsty
	Utapenda kula nini?	What would you like to eat?
	Utapenda kunywa nini?	What would you like to drink?
	Napenda....	I like.... (I would like...)
	Nataka....	I want....
	Sipendi...	I don't like/want....
	Sitaki yoyote	I don't want any
	Tafadhali lete...	Please bring....
	Tafadhali niletee...	Please bring me....
	Tafadhali nipe...	Please give me....
	Unaweza kunipa nyingine?	May I have another one?
	Nataka kidogo sana	I want just a little
	Nitakunywa maji tu	I will (I'll) just drink water
	Inatosha sana, asante	That's plenty, thanks
	Umekula chakula gani?	What did you eat?
	Naweza kuonja?	Can I taste it?
	Kina pilipili / tamu / kali?	Is it spicy / sweet / bitter?
	Asante kwa chakula	Thanks for the food
	Chakula ni kitamu	The food was delicious

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	Chakula ni kitamu	The food was delicious

4	Una njaa / kiuu?	Are you hungry / thirsty?
	Nina njaa / kiuu (sana)	I am (very) hungry/thirsty
	Tuna njaa (sana)	We are (very) hungry
	Mimi naona njaa / kiuu	I feel hungry / thirsty
	Hapana, sina njaa / kiuu	No, I'm not hungry/thirsty
	Utapenda kula nini?	What would you like to eat?
	Utapenda kunywa nini?	What would you like to drink?
	Napenda....	I like.... (I would like...)
	Nataka....	I want....
	Sipendi...	I don't like/want....
	Sitaki yoyote	I don't want any
	Tafadhali lete...	Please bring....
	Tafadhali niletee...	Please bring me....
	Tafadhali nipe...	Please give me....
	Unaweza kunipa nyingine?	May I have another one?
	Nataka kidogo sana	I want just a little
	Nitakunywa maji tu	I will (I'll) just drink water
	Inatosha sana, asante	That's plenty, thanks
	Umekula chakula gani?	What did you eat?
	Naweza kuonja?	Can I taste it?
	Kina pilipili / tamu / kali?	Is it spicy / sweet / bitter?
	Asante kwa chakula	Thanks for the food
	Chakula ni kitamu	The food was delicious

5	Ni saa ngapi?	What time is it?
	Ni saa (nne)	It's (ten) o'clock
	Ni saa (nne) na nusu	It's half past (ten)
	Leo ni tarahe gani?	What date is it today?
	Jumapili	Sunday
	Jumatatu	Monday
	Jumanne	Tuesday
	Jumatano	Wednesday
	Alhamisi	Thursday
	Ijumaa	Friday
	Jumamosi	Saturday
	mwezi wa kwanza	January
	mwezi wa pili	February
	mwezi wa tatu	March
	mwezi wa nne	April
	mwezi wa tano	May
	mwezi wa sita	June
	mwezi wa saba	July
	mwezi wa nane	August
	mwezi wa tisa	September
	mwezi wa kumi	October
	mwezi wa kumi na moja	November
	mwezi wa kumi na mbili	December

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6	sasa	now
	leo	today
	leo usiku	tonight
	asubuhi hii mchana huu wiki hii mwezi huu mwaka huu	this morning this afternoon this week this month this year
	juzi siku (tatu) zilizopita miezi (mitatu) iliyopita	day before yesterday (three) days ago (three) months ago
	jana usiku wiki jana mwezi uliopita mwaka uliopita	last night last week last month last year
	jana asubuhi jana mchana jana jioni	yesterday morning yesterday afternoon yesterday evening
	kesho wiki kesho mwezi kesho mwaka	next week next month next year
	kesho asubuhi kesho mchana kesho jioni	tomorrow morning tomorrow afternoon tomorrow evening
	kesho kutwa	day after tomorrow

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	1	one	17	seventeen
	2	two	18	eighteen
	3	three	19	nineteen
	4	four	20	twenty
	5	five	21	twenty one
	6	six	30	thirty
	7	seven	40	forty
	8	eight	50	fifty
	9	nine	60	sixty
	10	ten	70	seventy
	11	eleven	80	eighty
	12	twelve	90	ninety
	13	thirteen	100	one hundred
	14	fourteen	1,000	one thousand
	15	fifteen	100,000	one hundred thousand

wa/ya kwanza	first	robo moja	a quarter
wa/ya pili	second	theluthi moja	a third
wa/ya tatu	third	nusu	a half
wa/ya nne	fourth	jumla	all
wa/ya tano	fifth	hakuna	none

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<b>Kitendo - Verb</b>		-lisha	feed
-abudu	worship	-naweza	I am able/can
-ambia	tell	-nunua	shop; buy
-barizi	attend meeting	-nywa	drink
-cheza	play	-oga	wash oneself
-chukua	take	-omba	ask
-elewa	understand	-ona	see
-enda	go	-onja	try (taste)
-fanya	do	-osha	wash
-fika	arrive	-pa	give
-funga	close	-pata	get; earn
-fungua	open	-penda	like; love
-furahia	enjoy	-pika	cook
-gawa	deal (cards)	-pumzika	rest
-hitaji	need	-sahihisha	correct
-imba	sing	-sali	pray
-inuka	stand up	-sema	say; speak; talk
-ja	come	-shukuru	thank
-jaribu	try	-taka	want
-jilisi	sit down	-tembea	walk
-jua	know	-toka	from; leave
-kaa	sit; stay	-tuma	send
-kuta	meet; find	-tumia	spend; use
-la	eat	-uliza	ask
-lala	lie (not stand)	-wa	be
-leta	bring	-weka	put
-lipa	pay	-weza	am able to/can

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**Jina - Noun**

9	blanketi	blanket	jacketi	jacket
	dirisha	window	kiatu	shoe
	godoro	mattress	kofia	hat
	kitanda	bed	nguo	clothing
	kiti	chair	shati	shirt
	meza	table	sketi	skirt
	mlango	door	soksi	socks
	mto	pillow	fulana	t-shirt
	shuka	bed linen	dawati	desk
	jua	sun	kalamu	pen
	mlima	mountain	karatasi	paper
	mti	tree	kitabu	book
	mto	river	penseli	pencil
	mvua	rain	barabara	road/avenue
	mwezi	moon	benki	bank
	shamba	garden	duka	store /shop
	ua	flower	hospitali	hospital
	upepo	wind	kanisa	church
	wingu	cloud	kijiji	village
	ziwa	lake	njia	street
	betri	battery	nyumba	house
	kamera	camera	posta	post office
	saa	clock	shule	school

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**Jina - Noun**

10	bega	shoulder	chui	leopard
	goti	knee	duma	cheetah
	jicho	eye	fisi	hyena
	jino	tooth	kiboko	hippo
	kichwa	head	kifaru	rhino
	kidole	finger	kima	monkey
	kifua	chest	kondoo	sheep
	kiwiko	wrist	kuku	chicken
	kiwiko cha mguu	ankle	mbu	mosquito
	kucha	fungernails	mbuzi	goat
	mdomo	mouth/lip	mbwa	dog
	mguu	leg/foot	mbweha	jackel
	mkono	arm/hand	mnyama	animal
	nywele	hair	nyani	baboon
	pua	nose	ng'ombe	cow
	sikio	ear	nyati	buffalo
	tumbo	stomach	nyumbu	wildebeest
	bakuli	bowl	paka	cat
	chupa	bottle	palahala	antelope
	glasi	glass	punda milea	zebra
	kijiko	spoon	simba	lion
	kikombe	cup	sungura	rabbit
	kisu	knife	tembo	elephant
	sahani	plate	twiga	giraffe
	uma	fork	kitu	thing

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**Jina - Noun**

11	asali	honey	maji	water
	buni	coffee beans	yai	egg
	chai	tea	maziwa	milk
	chakula	food	mboga	vegetable
	jibini	cheese	mchicha	spinach
	chumvi	salt	mkate	bread
	chungwa	orange	muwa	sugar cane
	mdalasini	cinnamon	nanasi	pineapple
	dafu, nazi	coconut	ndimu	lime
	embe	mango	ndizi	banana
	juisi	juice	nyama	meat
	kabichi	cabbage	nyanya	tomato
	kahawa	coffee	papai	papaya
	karanga	peanuts	parachichi	avacado
	karoti	carrot	pera	guava
	keki	cake	pilipili	pepper
	kiazi	potato	samaki	fish
	kitunguu	onion	siagi	butter
	kakao	cocoa	sukari	sugar
	kokwa	nut	supu	soup
	korosho	cashew nut	tango	cucumber
	limau	lemon	tikiti maji	watermelon
	lozi	almond	tofaa	apple
	mafuta	oil	tunda	fruit
	maharagwe	beans	wali	rice
	mahindi	maize, corn	zabibu	grapes

**Jina - Noun**

11	asali	honey	maji	water
	buni	coffee beans	yai	egg
	chai	tea	maziwa	milk
	chakula	food	mboga	vegetable
	jibini	cheese	mchicha	spinach
	chumvi	salt	mkate	bread
	chungwa	orange	muwa	sugar cane
	mdalasini	cinnamon	nanasi	pineapple
	dafu, nazi	coconut	ndimu	lime
	embe	mango	ndizi	banana
	juisi	juice	nyama	meat
	kabichi	cabbage	nyanya	tomato
	kahawa	coffee	papai	papaya
	karanga	peanuts	parachichi	avacado
	karoti	carrot	pera	guava
	keki	cake	pilipili	pepper
	kiazi	potato	samaki	fish
	kitunguu	onion	siagi	butter
	kakao	cocoa	sukari	sugar
	kokwa	nut	supu	soup
	korosho	cashew nut	tango	cucumber
	limau	lemon	tikiti maji	watermelon
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	mafuta	oil	tunda	fruit
	maharagwe	beans	wali	rice
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	chakula	food	mboga	vegetable
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	maharagwe	Beans	wali	rice
	mahindi	maize, corn	zabibu	grapes