ROY GOES PORTUGUESE

AN INTRODUCTION TO THE LANGUAGE AND CULTURE OF PORTUGAL
About Portugal

Portugal, officially the Portuguese Republic, located in southwestern Europe on the Iberian Peninsula, is the westernmost 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.
Acknowledgement

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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.
Greetings and Farewells

Olá
(Ol-ah)
Bom dia
(Bong-dia)
Boa tarde
(Boa-tard)
Boa noite
(Boa-noit)
Até logo
(Et-eh logge)
Adeus
(Adeosh)
Como está?
(Como shtar?)
Bem obrigado, obrigada
(Beng obrigado, obrigada)
... e você?
(... 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Greeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 p.m.</td>
<td><em>Boa noite Senhor Pedro</em></td>
</tr>
<tr>
<td>2 p.m.</td>
<td><em>Adeus, Bom dia</em></td>
</tr>
<tr>
<td>11 a.m.</td>
<td><em>Boa tarde Senhora Maria</em></td>
</tr>
</tbody>
</table>
Week two (Segunda semana)

Basic phrases

Por favor  Please
(Por favorrr)
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-kerrr diezerrr isso?)
Fala inglês?  Do you speak English?
(Fouler Inglish?)
Não compreendo  I don’t understand
(Noung compre-endu)
Pode ajudar-me, por favor?  Can you help me, please?
(Pod ajudar-merrr 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.

Enfocus Software - Customer Support
Week three (Terceira semana)

Talking about your nationality and saying where you're from

É Inglês?          Are you English?
(Eh Inglish?)
Sim - sou Inglês    Yes - I'm English
(Sing - so Inglish)
Não - não sou Inglês No - I'm not English
(Noung - Noung so Inglish)
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* Português
  (Inglish) (Portuguesh)
- `-esa` (for a woman) *Inglesa* Portuguesa
  (Inglaizer) (Portugazer)

**Exercise:**
Fill in the feminine forms of the nationality:

<table>
<thead>
<tr>
<th>País</th>
<th>Country</th>
<th>Nationality (masc.)</th>
<th>Nationality (Fem.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espanha</td>
<td>Spain</td>
<td>Espanhol</td>
<td>.....................</td>
</tr>
<tr>
<td></td>
<td>(Ishpana)</td>
<td>(Ishpanyol)</td>
<td></td>
</tr>
<tr>
<td>Inglaterra</td>
<td>England</td>
<td>Inglês</td>
<td>.....................</td>
</tr>
<tr>
<td></td>
<td>(Inglaterra)</td>
<td>(Inglish)</td>
<td></td>
</tr>
<tr>
<td>França</td>
<td>France</td>
<td>Francês</td>
<td>.....................</td>
</tr>
<tr>
<td></td>
<td>(France-eh)</td>
<td>(Francish)</td>
<td></td>
</tr>
<tr>
<td>Irlanda</td>
<td>Ireland</td>
<td>Irlandês</td>
<td>.....................</td>
</tr>
<tr>
<td></td>
<td>(Irlanda)</td>
<td>(Irlandish)</td>
<td></td>
</tr>
<tr>
<td>América</td>
<td>America</td>
<td>Americano</td>
<td>.....................</td>
</tr>
<tr>
<td>Brasil</td>
<td>Brazil</td>
<td>Brazileiro</td>
<td>.....................</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Brazil-ay-row)</td>
<td></td>
</tr>
</tbody>
</table>
**Week four (Quarta semana)**

**Talking about your family**

- **É casado?** (E cazado?)
  - Are you married?

- **Sou casado/a, solteiro/a** (So cazado/a, soltairo/a)
  - I'm married / single

- **Tem filhos?** (Teng feeloush?)
  - Do you have children?

- **Tem família?** (Teng familia?)
  - Have you got family?

- **Tenho um irmão/uma irmã** (Teng-yo oong irmaung / ooma earma)
  - I have one brother/one sister

- **Sim, tenho um filho e uma filha** (Sing, tengo oom feel-yo ee ooma feelya)
  - Yes, I have a son and a daughter

- **Não, não tenho filhos** (Naung, naung tengo feelosh)
  - No, I don't have any children
In Portuguese there are different words for “my”

O meu before a male 
(Ao me-oh)

A minha before a female 
(A meena)

Esposo 
(Husband)  Esposa 
(Wife)

(Eshpozo)  (Eshpoza)

Pai 
(Father)  Mãe 
(Mother)

(Pie)  (My-ing)

Neto 
(Grandson)  Neta 
(Grandaughter)

(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 Taneiros ... in Taneiros Street
(... nah rrrua doosh Taneirosh)
... 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
perto?)
É longe?   Is it far?
(E lon-je?)
**Week Six (Sexta semana)**

*Asking for directions*

Onde é ...?  
(Undy-eh...?)  
... a estação?  
(...a shta-saung?)  
... a paragem do autocarro?  
(... a para-jeng do ow-to-car-row?)  
Onde são ...?  
(Und saung...?)  
... as lojas?  
(... ash lojash?)  
... dez minutos a pé  
(... desh minotosh a peh)  
Pode repetir, por favor?  
(Pod rep-eh-tier, por favor?)  
Pode falar devagar?  
(Pod fallar dee-va-garr)  
a quatrocentos metros daqui  
(a quarto-centosh metrosh decky)
Asking for directions continued

entre ... e ... Between ... and ...
(entry ... e ...)
Primeira First
(Pree-may-ra)
Segunda Second
(Segunda)
Terceira Third
(Terr-say-ra)
Quarta Fourth
(Kwaa-ter)
Sempre em frente Straight ahead
(Simp-reng-frent)
Vire na primeira rua Take the first turning
(Vera na pree-may-ra rua)
À esquerda Left
(A ish-kerda)
À direita Right
(A dee-rater)
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 9 a.m.
(nov da man-ya)
quatro da tarde 4 p.m.
(kwartro da tard)
dez da noite 10 p.m.
(desh da noight)

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 a waiter)

Faz Favor? Please/Can I help you?

(Fash Favor?)

Que desejá? 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)
### BEBIDAS

**ORDERING CONTINUED**

<table>
<thead>
<tr>
<th>BEBIDAS</th>
<th>DRINKS</th>
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</thead>
<tbody>
<tr>
<td>(BUR-BEE-DESH)</td>
<td></td>
</tr>
<tr>
<td>Uma bica</td>
<td>Espresso</td>
</tr>
<tr>
<td>(Ooma beaker)</td>
<td></td>
</tr>
<tr>
<td>Uma meia de leite</td>
<td>Large white coffee</td>
</tr>
<tr>
<td>(Ooma may-eh de late)</td>
<td></td>
</tr>
<tr>
<td>Um galão</td>
<td>Large coffee in a glass</td>
</tr>
<tr>
<td>(Ung galloung)</td>
<td></td>
</tr>
<tr>
<td>Um sumo de laranja</td>
<td>An orange juice</td>
</tr>
<tr>
<td>(Ung sumo de larrange-eh)</td>
<td></td>
</tr>
<tr>
<td>Um batido</td>
<td>A milkshake</td>
</tr>
<tr>
<td>(Ung batid)</td>
<td></td>
</tr>
<tr>
<td>Uma limonada</td>
<td>A lemonade</td>
</tr>
<tr>
<td>(Ooma leemo-nada)</td>
<td></td>
</tr>
<tr>
<td>Um chá de limão</td>
<td>Lemon tea</td>
</tr>
<tr>
<td>(Ung sha de lee-maung)</td>
<td></td>
</tr>
<tr>
<td>Uma água</td>
<td>Water</td>
</tr>
<tr>
<td>(Ooma agwa)</td>
<td></td>
</tr>
</tbody>
</table>
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...
(...)
Para prato principal queria... For main I would like...
(Parra pra-to princip-al cour-
rier)
Para sobremesa queria... For desert I would like...
(Parra sob-re-mazer cou-
rier... )
Finding a hotel room

Queria (I would like)
Um quarto simples (A single room)
Um quarto de casal (A double room)
Com banho (With bathroom)
Com duche (With shower)
Para uma noite (For one night)
Para duas noites (For two nights)
Para uma pessoa (For one)
Para duas pessoas (For two)
Reservei um quarto no nome de ... (I've booked a room in the name of ...)
Tem um quarto? (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'
H (agah) U (oo)
I (ee) V (veh)
J (zhota) X (sheesh)
L (el) Z (zeh)
M (em)

Cores / Colours
Azul blue Roxo purple
(Azool) (Rosh)
Verde green Vermelho red
(Vehrd) (Ver-mel-yo)
côr de rosa pink Branco white
(Var de rosa) (Brankoo)
Castanho brown Amarelo yellow
(Cash-tang-yo) (Amarelo)
<table>
<thead>
<tr>
<th></th>
<th>English</th>
<th></th>
<th>English</th>
<th></th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>one</td>
<td>11</td>
<td>eleven</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>two</td>
<td>12</td>
<td>twelve</td>
<td></td>
<td></td>
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<tr>
<td>3</td>
<td>three</td>
<td>13</td>
<td>thirteen</td>
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<tr>
<td>4</td>
<td>four</td>
<td>14</td>
<td>fourteen</td>
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<tr>
<td>5</td>
<td>five</td>
<td>15</td>
<td>fifteen</td>
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<tr>
<td>6</td>
<td>six</td>
<td>16</td>
<td>sixteen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>seven</td>
<td>17</td>
<td>seventeen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>eight</td>
<td>18</td>
<td>Eighteen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>nine</td>
<td>19</td>
<td>nineteen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>ten</td>
<td>20</td>
<td>twenty</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Dias da semana/Week days**
**(De-ash da semana)**

Segunda-feira  
(Monday)

(Terça-feira)  
(Tuesday)

(Quarta-feira)  
(Wednesday)

(Quinta-feira)  
(Thursday)

(Sexta-feira)  
(Friday)

(Sábado)  
(Saturday)

(Domingo)  
(Sunday)

**Fim de semana – Weekend**
**(Fing de semana)**
### Meses / Months
(Meh-zish)

<table>
<thead>
<tr>
<th>Portuguese</th>
<th>English</th>
<th>Portuguese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janeiro (Janeiro)</td>
<td>January</td>
<td>Julho (Agosto)</td>
<td>August</td>
</tr>
<tr>
<td>Fevereiro (Fe-va-ray-ro)</td>
<td>February</td>
<td>Agosto (Agoshto)</td>
<td>August</td>
</tr>
<tr>
<td>Março (Mar-so)</td>
<td>March</td>
<td>Setembro (Setembro)</td>
<td>September</td>
</tr>
<tr>
<td>Abril (Abreel)</td>
<td>April</td>
<td>Outubro (Oh-too-bro)</td>
<td>October</td>
</tr>
<tr>
<td>Maio (My-o)</td>
<td>May</td>
<td>Novembro (Noo-vembro)</td>
<td>November</td>
</tr>
<tr>
<td>Junho (Jun-new)</td>
<td>June</td>
<td>Dezembro (D-zembro)</td>
<td>December</td>
</tr>
</tbody>
</table>

### As Estações / The Seasons
(Ash Shta-soinsh)

<table>
<thead>
<tr>
<th>Portuguese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primavera (Prima-vera)</td>
<td>Spring</td>
</tr>
<tr>
<td>Verão (Veraung)</td>
<td>Summer</td>
</tr>
<tr>
<td>Outono (Oo-tono)</td>
<td>Autumn</td>
</tr>
<tr>
<td>Inverno (Ing-orno)</td>
<td>Winter</td>
</tr>
</tbody>
</table>
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 1/4 cups Flour
2 teaspoons Baking powder
1/2 cup Milk
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