

Peace Corps

P.DOT – Pulaar Lessons



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Lesson 1: The Alphabet

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

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

Lesson 2: Vocabulary 1

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

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

Lesson 3: Greetings

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

Lesson 4: Numbers – Counting 1 to 20

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

Lesson 5: Vocabulary 2 (Common Objects)

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

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

Lesson 6: Vocabulay 3 (Names of Places)

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

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

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

Lesson 8: Introducing Self/Someone

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

Lesson 9: Leave-taking Expressions

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

Lesson 10: Some Useful Expressions & Phrases

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

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