



SwahiliPod101.com

**EVERYDAY**  
**SWAHILI**  
**For Beginners**

**400**  
**ACTIONS**  
**& ACTIVITIES**

innovativeLANGUAGE.COM

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #1 In the Morning

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 1

# SWAHILI

1. Mimi huamka saa moja asubuhi
2. Mimi huzima kengele yangu
3. Mimi hutoka kitandani
4. Mimi huosha uso wangu
5. Mimi huka dawa ya meno kwa mswaki wangu
6. Mimi hupiga mswaki
7. Mimi husafisha choo
8. Mimi huwasha runinga
9. Mimi hutazama habari
10. Mimi huvaa nguo zangu
11. Mimi hutayarisha kahawa
12. Mimi hula kiamsha kinywa
13. Mimi hutupa takataka
14. Mimi humtembeza mbwa
15. Mimi humlisha paka
16. Mimi hujadiliana na watoto

CONT'D OVER

17. Mimi huzungumza na familia yangu
18. Mimi hufunga mlango
19. Mimi husubiri lifti
20. Mimi humepuka jirani

## ENGLISH

1. I wake up at 7 a.m.
2. I turn off my alarm.
3. I get out of bed.
4. I wash my face.
5. I put toothpaste on my toothbrush.
6. I brush my teeth.
7. I flush the toilet.
8. I turn on the TV.
9. I watch the news.
10. I put on my clothes.
11. I make coffee.

CONT'D OVER

12. I eat breakfast.
13. I take out the trash.
14. I walk the dog.
15. I feed the cat.
16. I argue with the kids.
17. I talk to my family.
18. I lock the door.
19. I wait for the elevator.
20. I avoid the neighbor.

## VOCABULARY

Swahili	English	Class
amka	wake up	verb
kengele	alarm	noun
kitanda	bed	noun
uso	face	noun
mswaki	toothbrush	noun
meno	teeth	noun
choo	toilet	noun
runinga	TV	noun
habari	news	noun
nguo	clothes	noun

kahawa	coffee	noun
kiamsha kinywa	breakfast	noun
takataka	trash	noun
mbwa	dog	noun
paka	cat	noun
mtoto	kid	noun
familia	family	noun
mlango	door	noun
lifti	elevator	noun
jirani	neighbor	noun

## SAMPLE SENTENCES

<p><b>Nimenunua kitanda kipya.</b> "I bought a new bed."</p>	<p><b>Vitanda ni ghali kwa sababu ya miundo kadhaa zinazopenya kwenye soko.</b> "Beds are expensive because of different designs that are introduced in the market."</p>
<p><b>Tafadhali zima runinga ninapongea na wewe.</b> "Please switch off the TV while I am talking to you."</p>	<p><b>Napenda kununua nguo.</b> "I love shopping for clothes."</p>
<p><b>Sidhani unaweza weka nguo zaidi kwenye hilo kabati.</b> "I don't think you can fit more clothes in that closet."</p>	<p><b>Niongozee kahawa kikombe kimoja tafadhali.</b> "Add one cup of coffee for me, please."</p>

<p><b>Siwezi kuanza siku bila kahawa.</b></p> <p>"I can't start the day without coffee."</p>	<p><b>Niongozee kahawa kikombe kimoja tafadhali.</b></p> <p>"Add me a cup of coffee please."</p>
<p><b>Ulikula nini kwa kiamsha kinywa?</b></p> <p>"What did you have for breakfast?"</p>	<p><b>Leo nilikula viazi vitamu kama kiamsha kinywa.</b></p> <p>"Today I had sweet potatoes for breakfast."</p>
<p><b>Ulikula nini kwa kiamsha kinywa?</b></p> <p>"What did you have for breakfast?"</p>	<p><b>Tusipogeuzwa chochote, karibuni tutakuwa na takataka nyingi tusiyoweza kumudu.</b></p> <p>"If we don't change something, soon we will have more trash than we can handle. "</p>
<p><b>Mbwa aliyechakaa anakimbilia mpira.</b></p> <p>The shaggy dog is running after a ball.</p>	<p><b>Paka wa kakangu amepotea.</b></p> <p>"My brother's cat is lost."</p>
<p><b>Paka mweusi anatembea huku akivuka kwenye televisheni.</b></p> <p>"The black cat is walking across the street."</p>	<p><b>Familia ya kifalme watakuwa na uunganisho wa muhimu.</b></p> <p>"The Royal Family will have an important reunion."</p>
<p><b>Tafadhali funga mlango, kuna kelele nyingi nje.</b></p> <p>"Please close the door, it is loud outside."</p>	<p><b>Lifti limeharibika, kwahivyo itakubidi utumie daraja.</b></p> <p>"The elevator is broken, so you must use the stairs."</p>
<p><b>Maeneo jirani na boma la rais huwa yamelindwa.</b></p> <p>"The area neighboring the presidents home is always guarded."</p>	

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #2

## Commuting to Work

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 2



# SWAHILI

1. Mimi huwakumbatia watoto wangu
2. mimi huenda kazini
3. Mimi hutembea hadi kwa kituo cha mabasi
4. Mimi huvuka barabara
5. Mimi hununua tiketi
6. Mimi hupanda ngazi
7. Mimi hukimbia kupanda basi
8. Mimi humwonyesha dereva wa basi tiketi
9. Mimi husikiza muziki kwa simu yangu
10. Mimi hulala usingizi kidogo
11. Mimi humpa mwanawake mzee kiti changu
12. Mimi huangalia saa kwa saa yagu ya mkono
13. Mimi huangalia hali magari barabarani kwa simu yangu
14. Mimi hupiga simu
15. Mimi hukwama kwa msongamano wa magari
16. Mimi husoma habari kwa simu yangu

CONT'D OVER

17. Mimi huendesha baiskeli yangu
18. Mimi hununua kumbwe za kula nikiwa kazini
19. Mimi huingia katika jengo hilo
20. Mimi hukimbia kwa ngazi ya kuenda

## ENGLISH

1. I hug my kids.
2. I go to work.
3. I walk to the bus station.
4. I cross the street.
5. I buy a ticket.
6. I go up the stairs.
7. I rush to catch the bus.
8. I show my ticket to the bus driver.
9. I listen to music on my smart phone.
10. I take a short nap.
11. I offer my seat to an older woman.

CONT'D OVER

12. I check the time on my watch.
13. I check the traffic on my phone.
14. I make a phone call.
15. I get stuck in a traffic jam.
16. I read news on my phone.
17. I ride my bicycle.
18. I buy snacks to eat at work.
19. I enter the building.
20. I run up the escalator.

## VOCABULARY

Swahili	English	Class
ngazi ya kuenda	escalator	noun
kumbatia	hug	noun
kazi	work	noun
kituo cha mabasi	bus station	noun
bara bara	street	noun
tiketi	ticket	noun
ngazi	stairs	noun
basi	bus	noun
dereva	driver	noun
muziki	music	noun

usingizi kidogo	nap	verb
kiti	seat	noun
saa ya mkono	watch	noun
hali ya magari barabarani	traffic	noun
simu	phone call	noun
msongomano wa magari	traffic jam	noun
simu	phone	noun
baiskeli	bicycle	noun
kumbwe	snack	Noun
jengo	building	noun

## SAMPLE SENTENCES

<p><b>Tiketi za ndege ni ghali sana.</b> "Plane tickets are very expensive."</p>	<p><b>Nipe tiketi ya kwenda Embakasi.</b> "Give me a ticket that will take me to Embakasi."</p>
<p><b>Nipe tiketi la basi.</b> "Give me a bus ticket."</p>	<p><b>Kila siku, mimi huchua basi kwenda kazini.</b> "Every day I get the bus to work."</p>
<p><b>Idadi za basi kufika jijini Nairobi zimeongezeka.</b> "The number of buses to the central business district in Nairobi have increased."</p>	<p><b>Muziki ni sabuni ya roho.</b> "Music soothes the soul."</p>
<p><b>Kila mtu, tafadhali kaeni kwenye viti vyenu.</b> "Everybody, please take your seats."</p>	<p><b>Simu ile ni ya bei ghali sana.</b> "That phone is very expensive."</p>

---

**Alipoteza simu yake njiani  
alipokuwa anaelekea nyumbani.**

"He lost his phone on his way  
home."

**Jana usiku, kulikuwa na moto  
katika jengo lililokingama na  
barabara.**

"Last night, there was a fire in  
the building across the street."

---

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #3 Computers and Computing

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 3

# SWAHILI

1. Mimi huwasha kompyuta yangu
2. Mimi husoma maelezo kwa kibao
3. Mimi huangalia barua pepe yangu
4. Mimi huweka programu mpya
5. Mimi hukusanya faili katika faili moja ya kifungo
6. Mimi hudaonilodi faili
7. Mimi chapisha hati
8. Mimi hupakia sinema kwa YouTube
9. Mimi hujibu maoni
10. Mimi niliachana na hiyo programu
11. Mimi huanzisha upya kompyuta
12. Mimi huenda kwa mtandao
13. Mimi hutia tovuti alama
14. Mimi huongeza ambatisho kwa barua pepe.
15. Mimi huwasha ukuta wa moto
16. Mimi hutumia akauti ya bur ya barua pepe

CONT'D OVER

17. Mimi huangalia mfuko wa barua taka
18. Mimi hutumia vivinjari mtandao mbili tofauti
19. Mimi hufunga madirisha zote
20. Mimi huzima kopyuta

## ENGLISH

1. I turn on my computer.
2. I read notes on my tablet.
3. I check my email.
4. I install new software.
5. I compress files into a single zip file.
6. I download a file.
7. I print out a document.
8. I upload a video to YouTube.
9. I reply to a comment.
10. I quit the program.
11. I restart the computer.

CONT'D OVER



12. I browse the Internet.
13. I bookmark a website.
14. I add an image as an attachment to an email.
15. I turn on the firewall.
16. I use a free email account.
17. I check the spam folder.
18. I use two different web browsers.
19. I close all windows.
20. I shut down the computer.

## VOCABULARY

Swahili	English	Class
funga	shut down	noun
kompyuta	computer	noun
kibao	tablet	noun
barua pepe	e-mail	noun
programu	software	noun
faili	file	noun
daonilodi	download	verb
hati	document	noun
kupakia	upload	verb
maoni	comment	verb

programu	program	noun
kuanzisha upya	restart	verb
mtandao	Internet	noun
tovuti	website	noun
ambatisho	attachment	noun
ukuta wa moto	firewall	noun
akaunti	account	noun
barua taka	spam	noun
kivinjari mtandao	web browser	noun
dirisha	window	noun

## SAMPLE SENTENCES

**Kompyuta yangu inaonyesha ujumbe wa hitilafu kila wakati.**

"My computer is displaying error messages all the time."

**Bafu lina dirisha ndogo.**

"The bathroom has a tiny window."

**Baridi umeanza kuingia, waweza kufunga dirisha tafadhali?**

"It's getting a bit cold. Could you close the window, please?"

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #4 Housework

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 4

# SWAHILI

1. Mimi hupanguza dirisha
2. Mimi huosha mkeka kwa kutoa hewa ya ndani
3. Mimi huosha jiko la stima
4. Mimi hutoa rafu vumbi
5. Mimi hulipa hati za fedha
6. Mimi humwagilia mimea maji
7. Mimi hufua nguo
8. Mimi hutumia bidhaa ya kufanya kitambaa kuwa nyororo
9. Mimi huosha vyombo
10. Mimi hubadilisha kioo cha taa
11. Mimi huwauliza watoto wamalize kazi ya ziada
12. Mimi hutayarisha chakula cha mchana
13. Mimi hununua mboga
14. Mimi huuanganisha rafu ya vitabu mpya
15. Mimi hupanga upya vifaa vya nyumba
16. Mimi hupaka kuta rangi

CONT'D OVER

17. Mimi hurekebisha kiti kilicho vunjika
18. Mimi huosha gari la familia
19. Mimi hutembelea wazazi wangu
20. Mimi hutumia siku yangu kwa uvivu

## ENGLISH

1. I wipe the window.
2. I vacuum the carpet.
3. I clean the oven.
4. I dust the shelves.
5. I pay the bills.
6. I sprinkle water on the plants.
7. I do laundry.
8. I use fabric softener.
9. I wash the dishes.
10. I change a lightbulb.
11. I ask the kids to finish their homework.

CONT'D OVER

12. I make lunch.
13. I buy groceries.
14. I assemble a new bookshelf.
15. I rearrange the furniture.
16. I paint the walls.
17. I fix a broken chair.
18. I wash the family car.
19. I visit my parents.
20. I spend the day being lazy.

## VOCABULARY

Swahili	English	Class
mvivu	lazy	noun
mzazi	parent	noun
dirisha	window	noun
mkeka	carpet	noun
jiko la stima	oven	noun
rafu	shelf	noun
hati ya fedha	bill	noun
mmea	plant	noun
kufua nguo	laundry	noun
kufanya nyororo	softener	noun

vyombo	dish	noun
kioo cha taa	lightbulb	noun
kazi ya ziada	homework	noun
chakula cha mchana	lunch	noun
mboga	groceries	noun
rafu ya vitabu	bookshelf	noun
vifaa vya nyumba	furniture	noun
ukuta	wall	noun
kiti	chair	noun
gari	car	noun

## SAMPLE SENTENCES

<p><b>Bafu lina dirisha ndogo.</b></p> <p>"The bathroom has a tiny window."</p>	<p><b>Baridi umeanza kuingia, waweza kufunga dirisha tafadhali?</b></p> <p>"It's getting a bit cold. Could you close the window, please?"</p>
<p><b>Vitu vilivyo kwenye hiyo rafu ni marufuku kwa wana wa hii nyumba.</b></p> <p>"The content of that shelf is forbidden to the kids of this house."</p>	<p><b>Nadhani ni wakati wa chakula cha mchana.</b></p> <p>"I think it is time for lunch."</p>
<p><b>Ulikula nini kwa chakula cha mchana leo?</b></p> <p>"What did you eat for lunch today?"</p>	<p><b>Napendelea kula chakula kibinafsi katika bustani.</b></p> <p>"I prefer to eat lunch on my own in the park."</p>

---

**Waweza kuweka kitabu hiki  
katika rafu ya vitabu?**

"Can you put this book on the  
bookshelf?"

**Alichagua gari la bluu.**

"He chose a blue car."

---



LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #5 At the Office

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 5

# SWAHILI

1. Mimi huingia na kitambulisho changu
2. Mimi hukaa kwenye dawati yangu
3. Mimi huweka vipau mbele
4. Mimi huulizwa nishughulike kazi
5. Mimi hutengeneza nyaraka
6. Mimi huhudhuria mkutano
7. Mimi hupanga dawati yangu
8. Mimi huweka kalamu katika droo
9. Mimi hujibu barua pepe
10. Mimi huchukua maelezo
11. Mimi huagiza vifaa za ofisi
12. Mimi hutuma faksi
13. Mimi huenda kula chakula cha mchana pamoja na wenzangu
14. Mimi hupokea simu
15. Mimi hutayarisha mada
16. Mimi huchukua likizo ya kulipwa

CONT'D OVER

17. Mimi hupata wazo lipya
18. Mimi huandika maelezo kwa karatasi mpya
19. Mimi huondoka afisini wakati ufaao
20. Mimi hufanya kazi lisaa limoja la nyongeza

## ENGLISH

1. I clock in with my ID card.
2. I sit at my desk.
3. I set priorities.
4. I am asked to handle a task.
5. I create documentation.
6. I attend a meeting.
7. I tidy up my desk.
8. I put a pen in a drawer.
9. I answer an email.
10. I take notes.
11. I order office equipment.

CONT'D OVER

12. I send a fax.
13. I go to eat lunch with my colleagues.
14. I receive a phone call.
15. I prepare a presentation.
16. I take a paid vacation.
17. I get a new idea.
18. I take notes on scratch paper.
19. I leave the office on time.
20. I work one hour overtime.

## VOCABULARY

Swahili	English	Class
nyongeza	overtime	noun
ondoka	leave	verb
kitambulisho	ID card	noun
dawati	desk	noun
kipaumbele	priority	noun
kazi	task	noun
nyaraka	documentation	noun
mkutano	meeting	noun
kupanga	tidy up	verb
droo	drawer	noun

jibu	answer	verb
maelezo	note	noun
vifaa vywa ofisi	equipment	noun
faksi	fax	noun
chakula cha mchana	lunch	noun
simu	phone call	noun
mada	presentation	noun
likizo	vacation	noun
wazo	idea	noun
karatasi	paper	noun

## SAMPLE SENTENCES

<p><b>Dawati lake lilikuwa limechakaa, lakini aliweza kupata faili maramoja.</b></p> <p>"His desk was a real mess, but he found the file at once."</p>	<p><b>Mkutano utafanyika katika mkoa wa fadhili.</b></p> <p>"The meeting will take place in the finance district."</p>
<p><b>Nimadharau kulala wakati wa mkutano muhimu.</b></p> <p>"It is very impolite to sleep during an important meeting."</p>	<p><b>Nimadharau kulala wakati wa mkutano muhimu.</b></p> <p>"It is very impolite to sleep during an important meeting."</p>
<p><b>Fikiria unachotaka unipe jibu kesho.</b></p> <p>"Think about what you want and give me an answer by tomorrow."</p>	<p><b>Nadhani ni wakati wa chakula cha mchana.</b></p> <p>"I think it is time for lunch."</p>

<p><b>Ulikula nini kwa chakula cha mchana leo?</b></p> <p>"What did you eat for lunch today?"</p>	<p><b>Napendelea kula chakula kibinafsi katika bustani.</b></p> <p>"I prefer to eat lunch on my own in the park."</p>
<p><b>Katika likizo hii ya msimu wa baradi, nnaenda na ndugu yangu kuski.</b></p> <p>"This winter vacation I am going skiing with my brother."</p>	<p><b>Naomba kalamu ili niandike jina langu.</b></p> <p>"Could you please give me a pen so that I may write my name."</p>

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #6

## Health and Diet

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 6

# SWAHILI

1. Mimi hujaribu chakula kipya
2. Mimi hukanyanga juu ya kipimio
3. Mimi hufanya kazi ili kuongeza metaboliki yangu
4. Mimi hafanya mazoezi mara mbili kwa wiki
5. Mimi hufanya mazoezi ya kukaa chini kila siku
6. Mimi hufanya mazoezi ya kushinikiza kila siku
7. Mimi hupata kuangaliwa afya
8. Mimi husukutua baada ya kurudi nyumbani
9. Mimi nataka kuepuka kuambukizwa homa
10. Mimi hujaribu kula mboga nyingi zaidi
11. Mimi hula chakula kilicho na madini mengi
12. Mimi hutumia vitamini nyingi sana
13. Mimi huhakikisha nimekula chakula kilicho na nyuzi nyuzi nyingi sana
14. Mimi hupunguza kabohaidreti
15. Mimi hula chakula kilicho na proteni nyingi sana.
16. Mimi hukimbia hadi kwa ngazi juu

CONT'D OVER



17. Mimi hujaribu kula chakula bora
18. Mimi huhesabu makalori
19. Mimi hupunguza ukulaji wa switi
20. Mimi hujipata kwa majaribio

## ENGLISH

1. I try a new diet.
2. I step on a scale.
3. I work on increasing my metabolism.
4. I exercise twice a week.
5. I do sit-ups every day.
6. I do push-ups every day.
7. I get a health checkup.
8. I gargle after returning home.
9. I want to avoid catching a cold.
10. I try to eat more vegetables.
11. I eat food with a lot of minerals.

CONT'D OVER

12. I take a lots of vitamins.
13. I make sure to eat a lot of fiber.
14. I reduce carbohydrates.
15. I eat food with a lot of protein.
16. I run up the stairs.
17. I try to eat a balanced diet.
18. I count calories.
19. I cut back on sweets.
20. I give in to temptation.

## VOCABULARY

Swahili	English	Class
majaribu	temptation	noun
vitamini	vitamin	noun
nyuzinyuzi	fiber	noun
kabohaidreti	carbohydrate	noun
protini	protein	noun
ngazi	stair	noun
chakula bora	balanced diet	noun
kalori	calorie	noun
switi	sweet	noun
chakula	diet	noun

kipimio	scale	noun
metaboliki	metabolism	noun
fanya mazoezi	exercise	noun
mazoezi ya kukaa chini	sit-up	adjective
mazoezi ya kushinikiza	push-up	noun
kuangaliwa afya	health checkup	noun
sukutua	gargle	verb
homa	cold	noun
mboga	vegetable	noun
madini	mineral	noun

## SAMPLE SENTENCES

<p><b>Mjomba ana homa kali.</b> "Uncle has a severe cold."</p>	<p><b>Dhahabu ni baadhi ya madini yenye thamani kubwa duniani.</b> "Gold is among the most valuable minerals in the world."</p>
--	---

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #7

## Hanging Out

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 7

# SWAHILI

1. Mimi huchagua pahali tutakapokutana na rafiki yangu.
2. Mimi hujaribu nisichelewe
3. Mimi huandaa nyama kwenye pwani
4. Mimi hununua nguo nyingi kwa mauzo
5. Mimi hujipima nguo kwenye chumba cha kupimia nguo.
6. Mimi hupata mapatano bei
7. Mimi hunywa kahawa kwa hoteli
8. Mimi hukutana na marafiki zangu kwa maduka
9. Mimi huuza nguo zangu sokoni
10. Mimi huanza kozi mpya
11. Mimi hutazama sinema mpya
12. Mimi hupata tiketi ya sinema ya bure.
13. Mimi hurakibu kwenye mzunguko
14. Mkahawa hufunguliwa saa nne asubuhi
15. Mimi huangalia kiashiria bei
16. Mimi huuliza karani wa mauzo kuhusu bei

CONT'D OVER

17. Mimi hutembea huku kwa majirani
18. Mimi hujaribu sampuli katika duka la chokoleti
19. Mimi hutafuta shughuli za kujitolea
20. Mimi hupoteza kamera yangu ya digitari

## ENGLISH

1. I choose a place to meet with my friend.
2. I try not to be late.
3. I barbecue on the beach.
4. I buy a lot of clothes at a sale.
5. I try on the clothes in a fitting room.
6. I find bargains.
7. I drink coffee at the café.
8. I meet my friends at the mall.
9. I sell old clothes at a flea market.
10. I start a new hobby.
11. I watch a new movie.

CONT'D OVER

12. I get a free movie ticket.
13. I ride on a roller coaster.
14. The restaurant opens at 10 a.m.
15. I check the price tag.
16. I ask the sales clerk about the price.
17. I walk around the neighborhood.
18. I try a sample at the chocolate store.
19. I look for volunteer activities.
20. I lose my digital camera.

## VOCABULARY

Swahili	English	Class
kamera ya digitari	digital camera	noun
shughuli za kujitolea	volunteer activities	noun
pahali	place	noun
kuchelewa	late	verb
andaa nyama	barbecue	verb
mauzo	sale	noun
chumba cha kupimia nguo	fitting room	noun
mapatano bei	bargain	noun
hoteli	cafe	noun
maduka	mall	noun

sokoni	flea market	noun
kozi	hobby	noun
sinema	movie	noun
tiketi	ticket	noun
mzunguko	roller coaster	noun
mkahawa	restaurant	noun
kiashiria bei	price tag	noun
karani wa mauzo	sales clerk	noun
kwa majirani	neighborhood	noun
chokoleti	chocolate	noun

## SAMPLE SENTENCES

<p><b>Yeye huchelewa darasani kila wakati.</b></p> <p>"He is always late for class."</p>	<p><b>Ilikuwa ni wakati nibadilishe mienendo yangu mbaya.</b></p> <p>"It was too late for me to change my bad habits."</p>
<p><b>Kila mara wewe huchelewa kazini.</b></p> <p>"You are always late for work."</p>	<p><b>Kila mtu anajitaji kozi ili kunawiri na kuwa na lengo.</b></p> <p>"Everybody needs a hobby to stay healthy and focused."</p>
<p><b>Hatujaona sinema mzuri tangu shule ya upili.</b></p> <p>"We haven't watched a good movie since high school."</p>	<p><b>Yuko kwenye sinema mpya ya Woody Allen.</b></p> <p>"He's in the new Woody Allen movie."</p>
<p><b>Kuna sinema nyingi sana hadi ukashindwa utatazama ngani.</b></p> <p>"There are so many movies that it's difficult to decide which movie to watch."</p>	<p><b>Tiketi za ndege ni ghali sana.</b></p> <p>"Plane tickets are very expensive."</p>



---

**Nipe tiketi ya kwenda Embakasi.**

"Give me a ticket that will take me to Embakasi."

**Nipe tiketi la basi.**

"Give me a bus ticket."

---

**Watu wengine hawawezi kuishi bila chokoleti.**

"Some people just can't live without chocolate."

---

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #8 Dining Out

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 8

# SWAHILI

1. Mimi huhifadhi kiti mahala ambapo hapavutiwi sigara.
2. Mimi huita mhadumu
3. Mimi huitisha orodha ya mvinyo
4. Mimi huagiza kinywaji
5. Mimi hupata chakula kingi katika meza ya kuandaliwa chakula.
6. Mimi huagiza aina tofauti za sahani ya jabini
7. Mimi huwa mlafi na kuagiza chakula aina nyingi.
8. Nilikutana na rafiki huko cafeteria.
9. Mimi huitisha sahani ingine.
10. Mimi huangusha vijiti vya kula vyangu
11. Mimi husherehekea siku za kuzaliwa za watoto wangu katika mikahawa mizuri.
12. Mimi hujaribu pombe za humu mitaani
13. Mimi huweka kifuniko cha salad juu ya salad
14. Mimi humwaga maji kutoka kwa mtungi
15. Mimi huagiza samaki ya chakula kikuu
16. Mimi huitisha mchele zaidi

CONT'D OVER

17. Mimi huagiza chakula cha kumalizia
18. Mimi hutafuta vijiti vya meno
19. Mimi huitisha hati ya fedha
20. Mimi hulipa na kadi

## ENGLISH

1. I reserve my seat in a non-smoking zone.
2. I call a waiter.
3. I ask for a wine list.
4. I order a drink.
5. I get a lot of food at the buffet.
6. I order an assorted cheese platter.
7. I get greedy and order a lot of dishes.
8. I bumped into a friend at the cafeteria.
9. I ask for another plate.
10. I drop my chopsticks.
11. I celebrate my children's birthdays at nice restaurants.

CONT'D OVER

12. I try a local beer.
13. I put salad dressing on the salad.
14. I pour water from a pitcher.
15. I order fish for the main course.
16. I ask for more rice.
17. I order a dessert.
18. I look for toothpicks.
19. I ask for the bill.
20. I pay by credit card.

## VOCABULARY

Swahili	English	Class
kadi	credit card	noun
kijiti cha meno	toothpick	noun
chakula cha kumalizia	dessert	noun
mchele	rice	noun
chakula kikuu	main course	noun
mtungi	pitcher	noun
saladi	salad	noun
hifadhi	reserve	verb
mhudumu	waiter	noun
orodha ya mvinyo	wine list	noun

kinywaji	drink	noun
meza ya kuandaliwa chakula	buffet	noun
sahani	platter	noun
ulafi	greedy	adjective
cafeteria	cafeteria	noun
sahani	plate	noun
vijiti vya kula	chopsticks	noun
sherehekea	celebrate	verb
pombe	beer	noun

## SAMPLE SENTENCES

<p><b>Siwezi amini vile mhadumu wa hapa ni mjeuri!</b></p> <p>"I can't believe how rude the waiter is at this place!"</p>	<p><b>Hakuna kinywaji kama chai</b></p> <p>"There is no drink like tea."</p>
<p><b>Kinywaji moto hupigana na baridi</b></p> <p>"A hot drink is able to fight cold weather."</p>	<p><b>Ningelipenda kunywa pombe.</b></p> <p>"I'd like to have a beer."</p>
<p><b>Bakari alikunywa pombe nyingi mpaka akalewa chakari.</b></p> <p>"Bakari drank a lot of beer until became very drunk."</p>	

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #9 Relaxing at Home

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 9

# SWAHILI

1. Mimi huwasha mshumaa inayonukia marashi
2. Mimi hutengeneza chai mitishamba
3. Mimi husafisha diski ngumu
4. Mimi hucheza kadi
5. Mimi hufanya ufundi
6. Mimi hufanya mchezo wa bodi na marafiki zangu
7. Mimi hufungua mkembe wa pombe
8. Mimi huenda kwa ghala ya urahisi
9. Lori la kuleta hukuja kwa nyumba yangu
10. Mimi huagiza pizza
11. Mimi hujifanya siko nyumbani
12. Mimi hucheza mchezo wa sinema na marafiki zangu
13. Mimi hupoteza kifaa cha kubadilisha vipindi vya runinga
14. Mimi huangalia runinga ya kamba
15. Mimi hupigana na watoto wangu juu ya kifaa cha kubadilisha vipindi vya runinga.
16. Mimi hukodisha sinema za mtandao

CONT'D OVER



17. Mimi hubadilisha njia ya vipindi
18. Mimi huliam katika hadithi ya kuigizwa ya mwisho
19. Mimi humsomea mtoto wangu kitabu
20. Mimi hukosoa utendaji wa muigizaji

## ENGLISH

1. I light a scented candle.
2. I make herbal tea.
3. I clean up a hard disk.
4. I shuffle a deck of cards.
5. I do some crafts.
6. I play a board game with my friends.
7. I open a can of beer.
8. I go to the convenience store.
9. The delivery truck comes by my house.
10. I order a pizza.
11. I pretend not to be at home.

CONT'D OVER

12. I play video games with my friends.
13. I lose the remote control.
14. I watch cable TV.
15. I fight with my children over the remote control.
16. I rent online movie.
17. I change the channel.
18. I cry at the final episode.
19. I read a book to my child.
20. I criticize an actor's performance.

## VOCABULARY

Swahili	English	Class
muigizaji	actor	noun
mshumaa	candle	noun
chai mitishamba	herbal tea	noun
diski ngumu	hard disk	noun
kadi	card	noun
ufundi	craft	noun
mchezo wa bodi	board game	noun
mkembe	can	noun
ghala ya urahisi	convenience store	noun
lori la kuleta	delivery truck	noun

pizza	pizza	noun
kujifanya	pretend	verb
mchezo wa sinema	video game	noun
poteza	lose	verb
runinga ya kamba	cable TV	noun
kifaa cha kubadilisha vipindi vya runinga	remote control	verb
kodi	rent	verb
njia ya vipindi	channel	noun
hadithi ya kuigizwa ya mwisho	final episode	noun
kitabu	book	noun

## SAMPLE SENTENCES

<p><b>Niliagiza pizza na jibini ziada.</b></p> <p>"I ordered pizza with extra cheese."</p>	<p><b>Kitabu hiki kinachekesha sana.</b></p> <p>"This book is pretty funny."</p>
--	--

LESSON NOTES

# Top 400 Activities: Daily Routines in Swahili #10 At Night

---

CONTENTS

- 2 Swahili
- 3 English
- 4 Vocabulary
- 5 Sample Sentences

# 10

# SWAHILI

1. Mimi hufungua mlango wa mbele
2. Mimi huingia kwa ghorofa
3. Mimi huwasha stima
4. Mimi hupumzika kwa sofa
5. Mimi huangalia habari za jioni
6. Mimi hukaribisha marafiki chakula cha jioni
7. Mimi huandaa chakula cha jioni
8. Mimi hupeleka watoto kwa kitanda
9. Mimi huwaambia watoto wangu hadithi za kulala
10. Mimi huwaambia marafiki zangu utani wa kucheakesha.
11. Mimi humwaga glasi ya mvinyo
12. Mimi humwaga mvinyo kwa meza
13. Mimi husafisha machafuko
14. Mimi huwa na mazungumzo na mkumbwa wangu kwa simu.
15. Mimi huongea kuhusu siku yangu
16. Mimi hupanga kuhusu kesho

CONT'D OVER

17. Mimi huoga na maji moto
18. Mimi hukausha nywele yangu na kifaa cha kukausha nywele.
19. Mimi hupasi betri za simu yangu
20. Mimi huenda kulala hapo usiku wa manane

## ENGLISH

1. I unlock the front door.
2. I enter the apartment.
3. I turn on the light.
4. I relax on the sofa.
5. I watch the evening news.
6. I invite friends over for dinner.
7. I prepare dinner.
8. I put the children to bed.
9. I tell bedtime stories to my children.
10. I tell hilarious jokes to my friends.
11. I pour a glass of wine.

CONT'D OVER

12. I spill wine on the table.
13. I clean up the mess.
14. I have a conversation with my boss on the phone.
15. I talk about my day.
16. I plan for tomorrow.
17. I take a hot bath.
18. I dry my hair with a hair dryer.
19. I charge the batteries on my phone.
20. I go to sleep around midnight.

## VOCABULARY

Swahili	English	Class
mlango	door	noun
ghorofa	apartment	noun
stima	light	noun
sofa	sofa	noun
ona	watch	verb
rafiki	friend	noun
chakula cha jioni	dinner	noun
mtoto	child	noun
hadithi	story	noun
utani	joke	noun

mvinyo	wine	noun
meza	table	noun
machafuko	mess	noun
mazungumzo	conversation	noun
siku	day	noun
panga	plan	verb
oga	bath	noun
kifaa cha kukausha nywele	hair dryer	noun
betri	battery	noun
usiku wa manane	midnight	noun

## SAMPLE SENTENCES

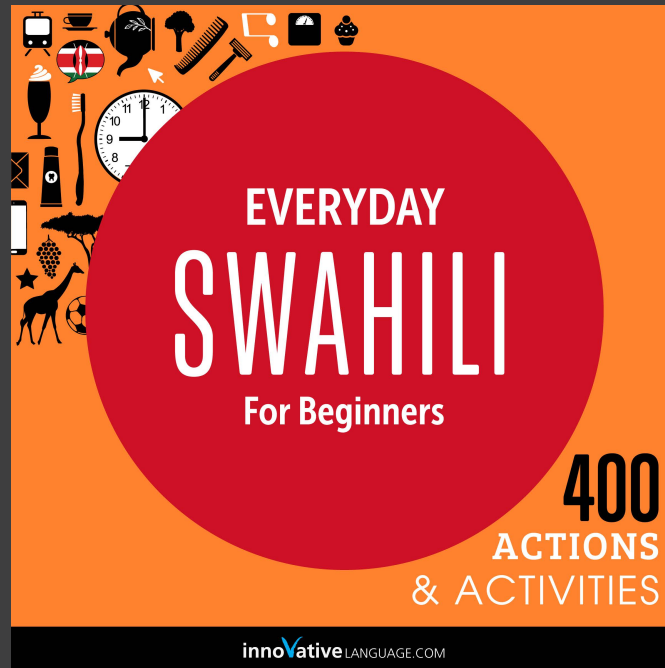
<p><b>Tafadhali fungua mlango, kuna kelele nyingi nje.</b></p> <p>"Please close the door, it is loud outside."</p>	<p><b>Aliishi kwenye ghorofa hilo kwa miaka kumi na mbili.</b></p> <p>"She lived in that apartment for twelve years."</p>
<p><b>Rafiki ya mpenzi wako ni rafiki yako.</b></p> <p>"Your lover's friend is your friend."</p>	<p><b>Amekuwa rafiki yangu kwa miaka ishirini.</b></p> <p>"He has been my friend for twenty years."</p>
<p><b>Rafiki yangu mpendwa na mimi huenda kila mahali pamoja.</b></p> <p>"My best friend and I go everywhere together."</p>	<p><b>Alikuwa rafiki yangu mpaka wakati nilipandishwa cheo badala yake.</b></p> <p>"She was a friend of mine until I got the promotion instead of her."</p>



<p><b>Rafiki yangu alinipa zawadi maalum.</b></p> <p>"My friend gave me a special gift."</p>	<p><b>Tumepanga kukwea milima ya Ngong katika likizo ya pasaka pamoja na marafiki zangu.</b></p> <p>"My friends and I are planning for a hike in the Gong hills during the Easter holiday."</p>
<p><b>Nilimuuliza rafiki yangu wanjiku kama alikuwa ananikumbuka pia kwa sababu nilimkumbuka vyema kabisa.</b></p> <p>"I asked my friend Wanjiku whether she remembered me too because I remembered her too well."</p>	<p><b>Nilipokuwa mtoto, nilikuwa naendesha baiskeli yangu kila siku.</b></p> <p>"When I was a child I used to ride my bike to school every day."</p>
<p><b>Tutakunywa ule mvinyo kesho.</b></p> <p>"We shall drink that wine tomorrow."</p>	<p><b>Nipe chupa mbili ya mvinyo mwekundu.</b></p> <p>"Give me two bottles of red wine."</p>
<p><b>Nimeweka vitabu kwa meza.</b></p> <p>"I put the books on the table."</p>	<p><b>Siku hiyo sikua na bahati.</b></p> <p>"I had no luck that day."</p>
<p><b>Nisiku gani leo?</b></p> <p>"What day is it today?"</p>	<p><b>Sikujua kuwa kibodi yangu inaitumia betri.</b></p> <p>"I didn't know that my keyboard runs on batteries."</p>



SwahiliPod101.com



## Intro

- 1 Daily Routines in Swahili #1 In the Morning
- 2 Daily Routines in Swahili #2 Commuting to Work
- 3 Daily Routines in Swahili #3 Computers and Computing
- 4 Daily Routines in Swahili #4 Housework
- 5 Daily Routines in Swahili #5 At the Office
- 6 Daily Routines in Swahili #6 Health and Diet
- 7 Daily Routines in Swahili #7 Hanging Out
- 8 Daily Routines in Swahili #8 Dining Out
- 9 Daily Routines in Swahili #9 Relaxing at Home
- 10 Daily Routines in Swahili #10 At Night

©2016 Innovative Language Learning, LLC (P)2015 Innovative Language Learning, LLC presented by japanesepod101.com