

Spanish Phrases for HGW Volunteers

Though you don't need to know Spanish to participate in and enjoy your experience with Honduras Good Works, knowing some simple phrases may enrich your trip. You can use this basic introduction to Spanish to communicate on the job site and to have some basic "get to know you" conversations with people in the community. You'll be surprised how patient and kind people will be when you make the effort to communicate!

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Greetings

Hello.	Hola.	How Are You?	¿Cómo estás?
Good Morning!	Buenos Días!		¿Qué fué?
Good Afternoon!	Buenas tardes!		¿Qué pasó?
Good Night!	Buenas noches!		¿Qué tal?
What is your name? (formal)	¿Cómo se llama usted?	Very well thank you, and you?	¡Muy bien! ¡Gracias! ¿Y Usted?
What's your name? (informal)	¿Cómo te llamas?		
My name is Mary.	Me llamo María.	I'm thirsty.	Tengo sed.
I'm very pleased to meet you.	Mucho gusto.	I'm hungry.	Tengo hambre.
The pleasure is mine.	El gusto es mío.	I'm hot.	Tengo calor.
Allow me to introduce John.	Permítame presentar a Juan.	I have pain	Tengo dolor
		I'm tired.	Estoy cansado (a)

To ask someone if they feel thirsty, hungry, etc. change the verb “tengo” to “tiene” (pronounced tee-yen-ay).

Example: ¿Tiene hambre? Are you hungry?

Getting Acquainted

Where are you from?	¿De dónde eres?	Marketing	marketing
I'm from the United States.	Soy de los Estados Unidos.	Psychology	sicología
		Writing	escritura
Are you a student?	¿Eres un estudiante?	What do you do?	¿En qué se dedica su trabajo?
Yes! I am studying...	¡Si! Estoy estudiando...	(Occupation)	¿En qué trabaja?
Art	arte	I am	Soy
Biology	biología	Artist	un artista
Business	negocios	Business man/woman	hombre/una mujer de negocios
Chemistry	química	Dentist	un dentista
Education	educación	Doctor	un doctor
Engineering	ingeniería	Engineer	un ingeniero
Geography	geografía	Government employee	el empleado del gobierno
International Development	desarrollo international	Lawyer	un abogado

Nurse	un enfermero	Teacher	un professor / maestro
Office worker	un oficinista	Therapist	un terapeuta
Programmer	un programador		
Salesperson	un vendedor		

Perhaps you're a dancer or a singer or a sports fanatic. Talking about common interests is a great way to get to know someone!

What do you like to do in your free time?

¿Qué te gusta hacer in su tiempo libre?

Gustar- to like

I like	Me gusta	(one thing)
I like	Me gustan	(more than one thing)

Examples:

Me gustan las manzanas.

I like the apples.

Nos gusta la película.

We like the movie.

Here are a few activities you might enjoy

To sing	cantar	Hike in the mountains	escalar, caminar en las montañas
Horseback riding	montar a caballo	To play sports	jugar deportivos
To dance	bailar	To play baseball	jugar beísbol
Sailing	la navegación	To play basketball	jugar baloncesto
To play guitar	tocar guitarra	To play soccer	jugar fútbol
To act	actuar	To swim	nadar
Scuba diving	buseo	To play chess	jugar al ajedrez
To travel	viajar	To go shopping	ir de compras
To read	leer	To go out with friends	salir con mis amigos
To watch TV	mirar el televisor	To sunbathe	tomar sol
To listen to music	escuchar musica	To meet people	conocer gente
To go to the movies	ir al cine	To go to the beach	ir a la playa
To play cards	jugar a los naipes		
To see a play	ver un obra de teatro		

We are family!

Wherever you travel in Central America, you'll find that many people are very family-oriented. Family sizes, traditions, and characteristics are all great topics of "get to know you" conversations.

Mi or Mis precedes a singular and plural pronoun respectfully.

Mother	Madre	Brother	Hermano
Father	Padre	Sister	Hermana

Daughter	Hija	Husband	Esposo
Son	Hijo	Grandmother	Abuela
Granddaughter	Nieta	Grandfather	Abuelo
Grandson	Nieto	Cousin (male)	Primo
Uncle	Tio	Cousin (female)	Prima
Aunt	Tia		
Wife	Esposa		

How old are you?

How old are you?

¿Cuántos años tienes?

It translates directly to, "How many years do you have?"

I am _____ years old.

Tengo _____ años.

If you want to ask how old someone else (he or she) is ask:

¿Cuántos años tiene el/ella?

Numbers

How much?

¿Cuánto?

Zero	Cero	Seventeen	Diecisiete
One	Uno/Una	Eighteen	Dieciocho
Two	Dos	Nineteen	Diecinueve
Three	Tres	Twenty	Veinte
Four	Cuatro	Twenty-one	Veinte uno
Five	Cinco	Twenty-two	Veinte y dos
Six	Seis	Thirty	Treinta
Seven	Siete	Forty	Cuarenta
Eight	Ocho	Fifty	Cincuenta
Nine	Nueve	Sixty	Sesenta
Ten	Diez	Seventy	Setenta
Eleven	Once	Eighty	Ochenta
Twelve	Doce	Ninety	Noventa
Thirteen	Trece	One hundred	Cien/Ciento
Fourteen	Catorce	Five hundred	Quinientos
Fifteen	Quince	One thousand	Mil
Sixteen	Dieciseis	Five thousand	Cinco Mil

Days of the week

Days of the week.

Días de la semana.

Monday

Lunes

Tuesday

Martes

When?

¿Cuándo?

Wednesday

Miércoles

What day is today?

¿Qué día es hoy?

Thursday

Jueves

Today is Monday.

Hoy es Lunes.

Friday

Viernes

Saturday	Sábado
Sunday	Domingo
Today	Hoy
Yesterday	Ayer
Tomorrow	Mañana

Morning	La mañana
Afternoon	La tarde
Evening/night	La noche

Telling time

What time is it?	¿Qué hora es?	-or- Son las cinco y cuarenta y cinco.
At what time?	¿A qué hora?	
It's one o'clock.	Es la una.	el minuto
It is three o'clock.	Son las tres.	la hora
It is three fifteen.	Son las tres y cuatro.	el día
It is three-thirty.	Son las tres y media.	la semana
It's five twenty.	Son las cinco y veinte	el mes
It is a quarter to five.	Son las seis menos cuarto.	el año

Exclamations!

Whether on the worksite, participating in activities in your free time or with the community or through simple conversation at the dinner table you may experience a moment where you'll feel so full of emotion you'll want to exclaim something.

How Scary!	¡Que susto!	Bless you!	¡Salud!
I hate it!	¡Lo odio!	What a shame!	¡Que lastima!
I love it!	¡Me encanta!	Enjoy your meal!	¡Buen provecho!
How Delicious!	¡Que rico!	How cute/beautiful!	¡Que linda/hermosa!
How funny!	¡Que chistoso!	How amusing!	¡Que divertido!
How Dirty!	¡Que sucio!	Of Course!	¡Por supuesto!
That's it!	¡Eso es!		

Expressions of Courtesy

Thank you very much.	Muchas gracias.
You're welcome.	De nada.
Yes, please.	Sí, por favor.
No, thank you.	No, gracias.
Pardon me. or Excuse me.	Perdón. (to seek someone's attention or forgiveness)
Pardon me. or Excuse me.	Con permiso. (to ask permission to pass by someone)

I Don't Understand!

I don't speak Spanish.
I understand.
I do not understand.
Do you speak English?

No hablo español.
Comprendo.
No Comprendo.
¿Habla usted inglés?

Saying Goodbye

Goodbye.
See you later.
See you tomorrow.
See you Thursday.

Adiós.
Hasta luego.
Hasta mañana.
Hasta jueves.

Are you hungry?

Are you hungry?	¿Tiene Hambre?
Breakfast	desayuno
Lunch	almuerzo
Dinner/Supper	cena
Cup	taza
Fork	tenedor
Glass	vaso
Knife	cuchillo
Napkin	servilleta
Plate	plato
Spoon	chucharra

<i>Fruit</i>	<i>fruta</i>
Apple	manzana
Banana	platano
Grapefruit	toranja
Juice	jugo
Lemon/Lime	limon
Mango	mango
Orange	naranja
Pineapple	piña
Strawberry	fresa

<i>Vegetables</i>	<i>verduras</i>
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Avocado	aguacate
Beans	frijoles
Carrots	zanohorias
Celery	apio
Corn	elote
Cucumber	pepino
French fries	papas fritas
Lettuce	lechuga
Mushrooms	hongos
Onion	cebolla
Peas	chicharos
Potatoes	papas
Radish	rabano
Salad	ensalada
Spinach	espinacas
Squash	calabaza
String beans	ejotes
Tomato	tomate

<i>Dairy Products</i>	
Butter	mantequilla
Cheese	queso
Cream	crema
Eggs	huevos
Fried	fritos

Scrambled	revueltos
Soft boiled	pasados por agua
Hard boiled	duros
Milk	leche

Starches

Bread	pan
Sweet rolls	pan dulce
Toast	tostada
Rice	arroz

Meat, poultry and fish

Bacon	tocino
Chicken	pollo
Chop	chuleta
Fish	pescado
Ham	jamon
Lamb	cordero
Liver	higado
Lobster	langosta
Marinated fish	ceviche
Meat	carne
Pork	puerco
Poultry	pollo
Roast	asado

Sausage	chorizo
Shrimp	camarones
Steak	filete
Trout	trucha
Turkey	guajalote
Turtle	tortuga
Veal	ternera
Beverages	bebidas
Beer	cerveza
Coffee	cafe
Black	negro
With cream	con leche
Milk	leche
Tea	te
Water	agua pura
With ice	con hielo
Without ice	sin hielo
Wine	vino

Desserts	postres
Cake	pastel
Cookies/Crackers	galletas
Ice cream	helados
Pastries	pastel

Words for the workplace

Materials

Bucket	el balde
Cement	el cemento
Cement block	el bloque
Cement tray	el cajone
Gloves	los guantes
Hammer	el martillo
Ladder	la escalera
Measuring tape	la cinta metrica
Nail	el clavo
Pliers	la tenaza

Sand	el alicate
Scaffolding	la arena
Shovel	el andamio
Tool	la pala
Trowel	el herramiento
Wheelbarrow	la cucharra
Wire	la carretilla
Wood	el alambre
	la madera

Direction

Above	encima
After	despues
Around	alrededor
Backward	hacia atras
Before	antes
Behind	detras de
Beside	al lado de
Far	lejos
Forward	adelante

Higher	mas arriba
Lower	mas bajo
Near	cerca
(On the) left	(a la) izquierda
(On the) right	(a la) derecha
Opposite	frente a
Toward	hacia

Parts of the House

Ceiling	el cielo raso or el techo
Door	la puerta
Floor	el piso
Foundation	la fundacion
Frame	la armadura
Furniture	los muebles

House	la casa
Roof	el techo
Room	el cuarto
Wall	la pared
Window	la ventana

Expressions for the Workplace

Bring me the...	Traiga me el/la...
Watch out!	¡Cuidado!
Do you need help?	¿Necesita ayuda?
I'll help him/her.	Le ayudare.
I'll help you.	Te ayudo.
Come here!	¡Ven aca!
Do you want?	¿Quiere?
Do you need?	¿Necesita?
Do you have?	¿Tiene?
I'm sorry!	¡Lo Siento!
Can I have the...	Puedo tener la/el...
Look for it.	Busquela.
Pick it up.	Recojalo.

Put it here.	Pongala aqui.
Take it.	Tomela.
Let's...	Vamos...
There are / are there...?	¿Hay...?
There is/ is there...?	¿Esta...?
It's lost.	Esta perdido.
Take out the...	Saque...
Put away the...	Guarde lo...
It's wet.	Esta mojado.
I don't understand.	No intiendo.
Where are you going?	¿Adónde vas?

I'm a Doctor!

This section is for volunteers working with one of community healthcare projects or anyone who needs to see a doctor or describe an ailment.

I'm a Doctor!	¡Soy médico!
I need a doctor!	¡Necesito un médico!

Parts of the Body:

Ankle	el tobillo
Arm	el brazo
Back	la espalda
Blood	la sangre
Body	el cuerpo
Bone	el hueso
Brain	el cerebro
Cheek	la mejilla
Chest	el pecho
Chin	la barbilla
Ear	la oreja
Elbow	el codo
Eye	el ojo
Face	la cara
Finger	el dedo
Foot	el pie
Gland	la glandula
Hair	el pelo
Hand	la mano
Head	la cabeza
Heart	el corazón
Hip	la cadera
Kidney	el riñon
Knee	la rodilla

Leg	la pierna
Lip	el labio
Liver	el hígado
Lung	el pulmón
Mouth	la boca
Muscle	el músculo
Nail	la uña
Neck	el uello
Nose	la nariz
Rib	la costilla
Skin	la piel
Shoulder	el hombro
Spine	la espina
Spleen	el bazo
Stomach	el estómago
Throat	la garganta
Tongue	la lengua
Tooth	el diente
Urine	el orina
Waist	el talle
Wrist	la muñeca

Doctor – Patient Inquiry Questions:

Relax.

What happened?

When did it happen?

Has it happened before?

Do you have pain?

Where does it hurt?

Are you allergic to anything?

Does it hurt if I press here?

Relájese.

¿Qué ocurrió?

¿Cuándo ocurrió?

¿Le ha ocurrido antes?

¿Tiene dolor?

¿Dónde le duele?

¿Es usted alérgico(a) a cualquier cosa?

¿Le duele cuando aprieto aquí?

Patient Complaints:

I feel bad.
I have pain in my

Me siento malo.
Tengo dolor en mi

Symptoms and Illnesses:

Allergic reaction	una reacción alérgica	Diarrhea	una diarrea
Blister	una ampolla	Dizziness	el vértigo
Broken bone	un hueso roto	Fever	una fiebre
Bruise	una contusión	Infection	una infección
Burn	una quemadura	Rash	una erupción
Chills	un escalofrío	Swelling	una inflamación
Cough	un tos	Wound	un herido
Cramps	un calambre		
Cut	un corte		

A Brief List of Medical Supplies:

Antiseptic	el antiséptico	Iodine	el yodo
Band-aid	la curita	Oxygen	el oxígeno
Bandage	el vendaje	Pills	la pastillas
Cast	la armadura de yeso	Prescription	la receta
Cough syrup	el jarabe para la tos	Scissors	las tijeras
Condoms	los condones	Shot	la inyección
Cream	la crema	Soap	el jabón
Disinfectant	el desinfectante	Stitches	las puntadas
Drops	las gotas	Thermometer	el termómetro
Gauze	la gasa		

A Quick Lesson on Verbs

Verbs ending in -AR (to study: estudiar)

I study	Yo	estudi + o
You study	Tu	estudi + as
He/She studies	El/Ella	estudi + a
You study	Usted	estudi + a (<i>singular formal</i>)
We study	Nos	estudi + amos

Commonly used AR Verbs

To borrow	Prestar
To dance	Bailar
To finish	Terminar
To hug	Abrazar
To sing	Cantar

They study	Ellos/Ellas	estudi + an	To speak	Hablar
You study	Ustedes	estudi + an (<i>plural formal</i>)	To watch	Mirar
			To work	Trabajar
			To listen	Escuchar
			To look for	Buscar

Verbs ending in **-ER** (to learn: *aprender*)

Commonly used **ER** Verbs

I learn	Yo Tu	aprend + o	To believe	Creer
You learn	El/Ella	aprend + es	To drink	Beber
He/She learns	Usted	aprend + e	To eat To	Comer
You learn		aprend + e (<i>singular formal</i>)	learn	Aprender
We learn	Nos	aprend + emos	To understand	Comprender
They learn	Ellos/Ellas	aprend + en	To sell	Vender
You learn	Ustedes	aprend + en (<i>plural formal</i>)	Should, to owe	Deber

Verbs ending in **-IR** (to live: *vivir*)

Commonly used **IR** Verbs

I live	Yo	viv + o	To receive	Recibir
You live	Tu	viv + es	To write	Escribir
He/She lives	El/Ella	viv + e	To assist	Asistir
You live	Usted	viv + e (<i>singular formal</i>)	To climb, to go up	Subir
We live	Nos	viv + imos	To decide	Decidir
They live	Ellos/Ellas	viv + en	To describe	Describir
You live	Ustedes	viv + en (<i>plural formal</i>)	To open	Abrir

Useful Irregular Verbs Conjugated in the Present Tense

Infinitive	I	You	He/She/ You	We	They/You
	Yo	Tu	El/Ella/ Usted	Nos	Ellos/as Ustedes
To go Ir	voy	vas	va	vamos	van
To be able to/can Poder	puedo	puedes	puede	podemos	pueden
To put/place Poner	pongo	pones	pone	ponemos	ponen
To want Querer	quiero	quieres	quiere	queremos	quieren
To have Tener	tengo	tienes	tiene	tenemos	tienen

To bring Traer	traigo	traes	trae	traemos	traen
To come Venir	vengo	vienes	viene	venimos	vienen
To see Ver	veo	ves	ve	vemos	ven
To know Saber	se	sabes	sabe	sabemos	saben
To be *temporary state i.e feelings, location Estar	estoy	estas	está	estamos	están
To be *permanent state Ser	soy	eres	es	somos	son

Present Participle

The present participle is the “ing” verb form. (i.e. speaking, running)

For “AR” verbs: Drop the “ar” and add “ando” to the infinitive as in estudiando (studying).

For “ER” and “IR” verbs: Drop the “er” or the “ir” and add “iendo” to the infinitive as in comiendo (eating) or viviendo (living).

Examples:

Mariella is eating the black beans. Mariella está comiendo los frijoles negros.

The boy enters the living room singing. El niño entra cantando la sala.

* note: present participle verb forms (-iendo/-ando) are preceded by a helping verb- usually a form of the verb estar (to be).

Adjectives – Adjectivos

A		Angelic	angélico	Big	grande
Able	hábil	Apart	aparte	Blessed	bendito
Absent	ausente	Applicable	aplicable	Blond	rubio
Abundant	abundante	Appropriate	apropiado	Bloody	sangriento
Active	activo	Athletic	atlético	Bold	atrevido
Active (hyper)	inquieto	B		Boring	aburrido
Agreeable	agradable	Bad	malo	Broken	quebrado
Alike	parecido	Barely	apenas	Burnt	quemado
Alive	vivo	Beautiful	hermoso	Busy	ocupado
All	todo	Better	major	C	
Alone	solo				

Careful	cuidadoso	Few	pocos	Incomparable	incomparable
Cheap	barato	First	primero	Incompetent	incompetente
Clean	limpio	Flat ground	llano	Incomplete	incompleto
Clear	claro	Flat	plano	Inconvenient	inconveniente
Closed	cerrado	Fleeting	pasajero	Incorrect	incorrecto
Cloudy	nublado	Flexible	flexible	Infectious	infeccioso
Cold	frío	Foolish	tonto	Intelligent	inteligente
Comfortable	cómodo	Foreign	extranjero	Interesting	interesante
Comical	cómico	Free	gratis, libre	Invisible	invisible
Confused	confundido	Fried	frito	Irritable	irritable
Content	contento	Friendly	amable	J	
Correct	correcto	Frozen	helado	Just, fair	justo
Crazy	loco	Full	lleno	K	
D		G		Known	conocido
Dangerous	peligroso	Generous	generoso	L	
Dark-haired	moreno	Genius	genio	Lazy	perezoso
Dead	muerto	Glorious	glorioso	Logical	lógico
Dear	querido	Good	bueno	Long	largo
Decent	decente	Grand	gran	Loose	flojo
Delicious	delicioso	Grateful	agradecido	Loyal	fiel
Difficult	difícil	grave, serious	grave	M	
Dignified	digno	H		Magnificent	magnífico
Dirty	sucio	Hairy	peludo	Manageable	manejable
Distrustful	receloso	Handmade	hecho a mano	Many	mucho
Dry	seco	Handsome	guapo	Marine	marino
E		Happy	alegre	Mean, not nice	antipático
Elderly	anciano	Happy	feliz	Melted	fundido
Elegant	elegante	Hard, difficult	duro	Minimal	mínimo
Elementary	elemental	Harmful	perjudicial	Musical	musical
Empty	vacío	Heavy	pesado	N	
Energetic	enérgico	Honest	honesto	Necessary	necesario
Enormous	enorme	Horrible	horrible	New	nuevo
Entertaining	divertido	Hot	caliente	Nice	simpático
Excellent	excelente	Humid	húmedo	O	
Exciting	emocionante	Hungry	hambriento	Old	antiguo
Expensive	caro	I		Old	viejo
F		Ignorant	ignorante	Older	mayor
Fabulous	fabuloso	Impatient	impaciente	Open	abierto
Fantastic	fantástico	Impenetrable	impenetrable		
Far away	lejano	Important	importante		
Fat	gordo	Improper	indebido		
Feminine	femenino				

Optimistic	optimista
Overflowing	rebosante
P	
Paid	pagado
Parallel	paralelo
Particular	particular
Passed, gone	pasado
Patient	paciente
Pensive	pensativo
Perfect	perfecto
Permanent	permanente
Persuasive	persuasivo
Picturesque	pintoresco
Playful	juguetero
Polite	educado
Poor	pobre
Popular	popular
Preferred	
Pregnant	embarazada
Prepared	preparado
Present	epresente
Pretty	bonito
Previous	anterior
Private	privado
Privileged	privilegiado
Pure	puro
Q	
Quiet, still	quieto
Quirky	caprichoso
R	
Rainy	lluvioso
Rapid	rápido
Reasonable	razonable
Rebellious	rebelde
Recent	reciente
Recognized	reconocido
Recommended	recomendable

Recyclable	reciclable
Red-haired	pelirrojo
Rich	rico
Ridiculous	ridículo
Ripe	maduro
Romantic	romántico
Rotten	podrido
S	
Sad	triste
Safe	seguro
Same	mismo
Scarce	escaso
Scary	espantoso
Seasick	mareado
Select	selecto
Selfish	egoísta
Serious	serio
Shameful	penoso
Shocking	chocante
Short (height)	bajo
Short (length)	corto
Showy	llamativo
Sick	enfermo
Slow	lento
Small	chico
Small	pequeño
Smart, ready	listo
Smooth	liso
Soft	suave
Solid	sólido
Special	especial
Spent, worn out	gastado
Spicy	picante
Spoken	hablado
Sticky	pegajoso
Strong	fuerte
Sweet	dulce
T	
Tall, high	alto

Tasty	sabroso
Thick	espeso
Thin	delgado
Tired	cansado
Together	juntos
True	verdadero
Twisted	torcido
U	
Ugly	feo
Unanimous	unánime
Uncomfortable	incómodo
Uncovered	descubierto
Uneven, odd	impar
Unique, only	único
Unjust	injusto
Unknown	desconocido
V	
Valiant	valiente
Variety, varied	varios
W	
Washable	lavable
Waxed	encerado
Weak	débil
Welcome	bienvenido
Wet	mojado
Wicked	malvado
Wireless	inalámbrico
Wise	juicioso
Wonderful	estupendo
Worried	preocupado
Written	escrito
Y	
Young	joven
Younger	menor
Youthful	juvenil

***An important note about adjective usage in Spanish:

In Spanish, an adjective follows the noun it is describing.

Example: Tengo un gato negro. I have a black cat.

**Notice negro (black) follows gato (cat).

Mission Statement

By working in partnership with our Honduran brothers and sisters, Honduras Good Works offers our time, commitment and resources to: improve the HEALTH of rural Hondurans, assist under served youth in getting an EDUCATION and nurture the SPIRIT of the Hondurans we serve.

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